SETTING UP FOR SUCCESS

Bothwell launches immersive nurse residency program • **Health C1**

PLAYOFF PREVIEW

Hoops postseason set to begin • **Sports A11**

Weekend Edition

SEDALIA DEMOCRAT

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Police Awards celebrate Sedalia's thin blue line

By Chris Howell
chrish@sedaliademocrat.com

Thursday evening, members of the Sedalia Police Department and their families were dressed in their finest for the annual Police Awards.

Officers filtered in and out of The Venue as their shifts would allow to support their fellow officers.

"It is difficult because no matter what, there has to be officers out there on the street," Sedalia Police Chief Matt Wirt said, "making sure that everything's safe. Many of them got to stop by while they were on duty to enjoy the event when they could but did have to leave for calls for service during the event."

Despite the fact many of the officers were in and out, Wirt explained it is crucial to come together as one to celebrate each other's successes.

"It's a time to celebrate their accomplishments and everything they've done over the past year and recognize them for all their hard work," Wirt said. "Our goal is that it gives an opportunity at least every other year for everybody to attend with their families."

See POLICE | A6



Officer Nicklous Camirand was named Officer of the Year Thursday evening at the annual Sedalia Police Awards ceremony. Camirand also received five Life Safe awards.
DEMOCRAT FILE PHOTO



State Sen. Sandy Crawford, District 28, speaks to the Pettis County Pachyderm Club on Friday at the Heckart Community Center. Record numbers came to hear Crawford, state Rep. Brad Pollitt, District 52, and state Rep. Rodger Reedy, District 57, speak on pending legislation in Jefferson City. PHOTO BY CHRIS HOWELL | DEMOCRAT

Elected officials speak at Pachyderm luncheon

By Chris Howell
chrish@sedaliademocrat.com

The Pettis County Pachyderm Club heard updates from three Pettis County legislators during its meeting Friday afternoon at the Heckart Community Center.

"I just want to come out and talk to them about what we're doing in Jeff City," District 57 state Rep. Rodger Reedy, R-Windsor, told the Democrat. "What we've been doing and some legislation that seems to be moving in the House of Representatives. One of the bills that I've been working on since the first of the session is to set up a depreciation schedule for vehicles for taxation purposes. This was something that's affected everyone the last couple years; as car trade-in values went up, people's taxes went up. My bill would set a depreciation schedule so that that would not happen."

District 28 State Sen. Sandy Crawford, R-Buffalo, was happy to have the opportunity to speak with her constituents at the Pachyderm luncheon.

"I think the best thing to come out of this session so far is that the Senate is actually functioning as a governing body after a year or so of that not happening very much," Crawford said. "It seems things are rocking along pretty good."

Crawford spoke to the Republican group about three bills she is pushing through the legislature.

"Three of my bills this week, probably not a whole lot that most people care about, "Crawford said. "Some things for the banking industry, Division of Finance. One of the things I'm doing is extending a sunset to keep Case.net, the court automation system going. I think that's probably important to everybody. I'm working on some initiative petition bills. Those were heard in committee this week, so that's just a few things that come to mind."

District 52 state Rep. Brad Pollitt, R-Sedalia, is seen frequently in Pettis County but still took the opportunity to address the crowded room with Crawford and Reedy.

See SPEAK | A6

Farmers' Market hires new market manager

By Faith Bemiss
fbemiss@sedaliademocrat.com

The Sedalia Area Farmers' Market will open this year with a new market manager, as former manager Breda Raetz has retired after 14 years.

Raetz will remain a SAFM board member and be instrumental in guiding Amber Pena as the new manager. Raetz said in a SAFM Facebook post the decision was difficult to retire, but she felt it was best.

"It became apparent I needed to take a few busyness balls out of the air," Raetz wrote. "I have seven precious grandchildren that are very near and dear to my heart, as well as Miss Miranda, a special needs young lady that lives with us, plus other personal goals. So it is very important to me that with the Lord's help and guidance,



Amber Pena is the new Market Manager for the Sedalia Area Farmers' Market. She is taking over for Brenda Raetz, who is retiring.
PHOTO COURTESY OF SEDALIA AREA FARMERS' MARKET

I do the best I can filling those roles."

Pena, of Sedalia, is stepping into the position this season. She and her husband, Fred, have four children, Hunter, 16; Grant, 14; and twins, Spencer and Taylor, 11. The family moved to Sedalia two years ago.

See NEW | A7

Knob Noster robotics team advances to state

By Meliyah Venerable
meliyahv@warrensburgstarjournal.com

Robotics teams from Knob Noster and Warrensburg saw success at a competition earlier this month.

The three teams, two from Warrensburg and one from Knob Noster, practiced together for weeks before the event. FIRST Tech Challenge is a worldwide competitive program with thousands of teams.

The local teams are only a few years old. The Small Fries (Team 9849) was founded in 2015, Stealth Panther Robotics (Team 16309) was founded in 2019 and Rocinante (Team 18463) was founded in 2020.

Knob Noster robotics coach Ruth Adams said robotics is more than just building robots. Each team works together to overcome obstacles.

"FIRST Tech Challenge teams are challenged to design, build, program, and operate robots to compete in a head-to-head challenge in an alliance format," Adams explained.

See STATE | A7



Robotics teams from Warrensburg and Knob Noster high schools are seen Saturday, Feb. 4 at the KC-East League Tournament. PHOTO COURTESY OF RUTH ADAMS

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Check out our E-Editions to find what you're looking for!
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What's your take on today's news? Go to sedaliademocrat.com or visit us on social media to share your thoughts!
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Mario Cart Tournament
Sedalia Parks and Rec is hosting a
Mario Kart 8 Deluxe Tournament
on February 25th starting at 10am
in the Heckart Community Center Fitness Studio.
No need to sign up in advance-- $10 entry fee,
lunch provided, prizes awarded, all ages welcome!

Youth Baseball
Early registration ends
on February 24th.
Make sure to register
before the price increases!
Register online or in person at the HCC.

Adult Volleyball
Early registration ends
on March 3rd.
Make sure to register
before the price increases!
Register online or in person at the HCC.

Call 660-826-4930 or visit www.sedaliaparks.com for more information.
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OBITUARIES

Leonard Leroy Townsend



Leonard Leroy Townsend, 65, of Douglasville, GA, passed away on February 11, 2023, at his home in Douglasville.

Funeral services will be held at 1 p.m. on Friday, February 24, 2023, at Rea Funeral Chapel, Sedalia.

His final resting place will be in Powder Springs, GA.

Arrangements are in the care of Rea Funeral Chapel.

David Carl Anderson



Our beloved David Carl Anderson passed away peacefully on February 15, 2023. He departed this earthly life at the age of 76. David was born on May 6, 1946, to John and Evelyn (Sten) Anderson in Kansas City, Missouri.

David spent his childhood years living in Kansas City, Kansas, and graduated from Wyandotte High School in 1965. He was a talented trumpet player and artist who went on to study at Emporia State University. David was a true renaissance man and worked in many different industries. He worked in real estate, bar and restaurant management, logging, landscaping, small farming and later for AFG Industries, a flat glass manufacturer. After retiring from AFG Industries, he worked part-time in the paint department at Lowe's and then for a short time at a local golf course.

He always enjoyed being creative and social in any area or project he worked on. David loved the arts, classic cars, fishing, barbecue and local sports, especially the Chiefs and Royals. He loved to sketch and paint and listen to classic rock-n-roll and he would always share his dry humor and kid-at-heart spirit with not only loved ones, friends and family, yet also people he just met.

He had a daughter, Carla (Anderson) Shumar he adored, as well as three stepsons, Michael, Joel, and Bryan Riggs. On August 17, 1977, David married the love of his life, Von Darlene Cheatham. David and Darlene had an adventure of a lifetime together. They lived many years in Arkansas when they first married, living off the land, and later returned to the Kansas City area.

In 2002, they decided to move to Cole Camp, Missouri, and renovated a house to run as a bed and breakfast they called "Tymes Past." More recently, they moved to Warsaw, Missouri, and David enjoyed being near the lake and fishing on the dock.

He is preceded in death by his parents, Evelyn and John Anderson, brother, Dennis John Anderson, and the love of his life, wife, Darlene Anderson. Also, his stepson Joel Riggs, grandsons Paul and David Riggs, brother-in-law Ronny Cheatham, and sister-in-law Pamela Allenbrand.

He loved his family very much and is survived by his daughter, Carla (Anderson) Shumar and son-in-law Charles Shumar of Thousand Oaks, California; two stepsons, Bryan Riggs and daughter-in-law Shelley of Olathe, Kansas, and Michael Riggs and daughter-in-law Debbie Riggs of Warsaw, Missouri; his sister Debbie and Chuck Long of Shawnee, Kansas; eight grandchildren, Amber (Nathan) Anderson, Jessica (Brandon) Visalli, Mike (Emily) Riggs, Shaun Riggs, Alec Riggs, Kelsey Riggs (John Plaskey), Abby Riggs; and 10 great-grandchildren. He also loved his nieces, nephews and cousins, as well as the many friends he made everywhere he went.

Visitation begins at 11 a.m. on Friday, February 24, 2023, at First United Methodist Church in Warsaw, Missouri, 154 W. Washington St., where funeral services will be held at 12 p.m. with Pastor Jason Veale officiating. Interment service will follow at the Calhoun Cemetery, Calhoun, Missouri.

The family suggests memorial contributions be given to Calhoun Cemetery or First United Methodist Church of Warsaw in care of the Fox Funeral Home, Cole Camp. Online condolences may be left at www.foxfuneralhomecolecampmo.com.

FUNERALS

Mary J. Herndon

11 a.m. Saturday at Sacred Heart Catholic Church in Sedalia. Arrangements are under the direction of Rea Funeral Chapel in Sedalia.

Elgin Meyers Johnson

2 p.m. Sunday at Heckart Funeral Home in Sedalia. Arrangements are under the directions of Heckart Funeral Home.

James "Jim" Lee Curry

11 a.m. Monday at Rea Funeral Chapel in Sedalia. Arrangements are under the direction of Rea Funeral Chapel.

David C. Anderson

11 a.m. Friday, Feb. 24, at First United Methodist Church. Arrangements are under the direction of Fox Funeral Home.

Leonard Leroy Townsend

1 p.m. Friday, Feb. 24 at Rea Funeral Chapel in Sedalia. Arrangements are under the direction of Rea Funeral Home.

James Mayo Ellis

2 p.m. Saturday, Feb. 25 at First Christian Church in Sedalia. Arrangements are under the direction of McLaughlin Funeral Chapel in Sedalia.

Mary Jo (Vilmer) Means

11:30 a.m. Saturday, April 22 at Sierra View Chapel in Carmichael, California. Arrangements are under the direction of Neptune Society of Northern California.

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

Feb. 15

7:34 a.m.: Sarita Linda Leon, 61, of the 600 block of South Washington Avenue, was arrested after officers responded to East Broadway Boulevard and South Ohio Avenue in reference to an intoxicated female subject in the middle of the roadway. She continued to walk in the roadway after being instructed not to and was transported to Bothwell Regional Health Center for medical reasons. Leon was issued a municipal citation for prohibited obstruction of roadway.

Incidents

Feb. 15

6:19 a.m.: An officer responded to the 2000 block of East 15th Street to investigate a report of harassment. The victims said the suspect had fled prior to police arrival. Charges of stalking, harassment, and second-degree trespassing have been requested.

8:21 a.m.: An officer met a victim in the police department lobby who informed him earlier in the morning that while at her residence in the 400 block of East Sixth Street, she was assaulted by a man known to her. Photos of her injuries were taken and a written statement was collected from her as well. The suspect also caused damage to the victim's vehicle. Charges of third-degree domestic assault and second-degree property damage have been requested.

8:29 a.m.: An officer was dispatched to a business in the 3500 block of South Limit Avenue for a report of a possible burglary in progress. The caller was able to provide the license plate of the suspect vehicle. Contact was later made with the suspect, who turned over several items, including several cut-up electrical cords they had stolen from the business. Charges of burglary and trespassing are being sought.

11:44 a.m.: Officers took a report of lost property in the lobby of the police department. The reporting party stated she lost a red bank bag containing $207 in cash somewhere on 16th Street.

Feb. 16

9:50 a.m.: An officer responded to a business in the 4900 block of South Limit Avenue in reference to a theft. Management advised someone stole copper wire from the rear of the business overnight. A suspect has not been identified.

11:53 a.m.: An officer responded to a business in the 300 block of West Broadway Boulevard in reference to abandoned property. Management advised a red bag was found in the parking lot. The bag was recovered and placed into evidence as found property.

12:09 p.m.: Officers took a report in the police department lobby in reference to a theft in the 600 block of Duke Drive. The complaint stated his wallet was stolen the previous day and his debit card was used to withdraw funds from his account. No suspect has been identified.

11:02 p.m.: An officer was dispatched to the 900 block of South Normandy Drive in reference to a theft. The caller said multiple items, including two TVs and a handgun, were stolen from her storage unit, with a value of approximately $1,400. No arrests have been made.

Compiled by Chris Howell.

CRASH REPORTS

Lee's Summit man killed in Saline accident

Dale A. Montgomery, 79, of Lee's Summit, was killed and Thomas J. Mumm, 73, of Lee's Summit, suffered moderate injuries at 6:32 p.m. Thursday in a Saline County accident.

According to a Missouri State Highway Patrol report, Montgomery was driving a 2007 Ford Ranger west on I-70 at U.S. Highway 65 when he slid off the right side of the roadway. His vehicle struck the guardrail and overturned onto the passenger side.

Montgomery was pronounced dead by Saline County paramedic Wade Kelling. Mumm was transported by Saline County Ambulance District to University Hospital in Columbia. Neither man was wearing a seat belt.

Information is taken from preliminary Missouri State Highway Patrol reports, which do not necessarily contain statements from all parties involved.

Compiled by Chris Howell.

DemocratSalutes



Sedalia Maurices received 95 bras to donate to "I Support the Girls" to help women impacted by domestic violence or human trafficking stand tall with dignity. PHOTO COURTESY OF SEDALIA MAURICES

Photo Submissions

We invite readers to submit photos for "Community Snapshot," which features images of local residents and events. Images must be current, in JPEG format and must be the property of the person submitting the photo. Please include your name, city and a contact telephone number with your submission (phone numbers will not be published). Please also include the names of all persons in the photo and any additional information. Email your submissions to news@sedaliademocrat.com.



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HAPPY NATIONAL FFA WEEK!



The top 20 students on the fall points chart posing in front of the Lucas Oil Stadium during the National Convention in Indianapolis, Indiana, where all of the national sessions took place. In addition to attending sessions, they also went on various agricultural tours.

2022-2023 Windsor FFA



Bottom row left to right: Izzy Henderson, Dylan White, Dusty Johnson, Wesley Lloyd, Brynne Taulman, Chloe Jenkins, Kaley Burkhalter, James Jones, Lily Betsworth, Megan Rice **Second row left to right:** Ms. Lavy, MacKayla Williams, Bailey Hawkins, Rebecca Bader, Olsyn Wolfe, Madison Miller, Havanna Raatz, Mrs. Cooley Third row left to right: Brody Craig, Elysah Hernandez-Jimenez, Levi Williams, Laci Breshears, Aubrey Howard, Julia Ashby, Kyndal Allee Fourth row left to right: Wade Boyer, Julie Walton, Hayden Wilson, Chace Copeland, Charlotte Ebeling, Alexis Thomas, Belinda Detherage-Olejniczak **Fifth row left to right:** Ava Burkhalter, Evee Harbit, Emma Harbit, Cheyenne Kepley, Adrienne Lutjen, Logan Terry, Coby Rhoads, Lane Close **Sixth row left to right:** Khristian Ivie, Alex Bauer, Kody Potter, Camden Harrison, Carter Miller, Aaron Micke, Emilly Sell, Alexis Ridenour, Billy Lindsay **Seventh row left to right:** Jackson Roberts, Elijah Bilbruck, Colton Burton, Rachel Knight, Rebekah Roberts, Cadence McDonald, Lydia Wilcox, Aaliyah Lott **Eighth row left to right:** Robb Hadley, Reece Heany, Matt Bowers, Elliott Cooley, Rhason Brooks, Conner Barnes, David Bailey, Mattie Soles **Last row left to right:** Brayden Pipal, Tanner Rohde, Adam Hurd, Austin Hawkins, Sara Stuerke, David Walters, Emily Rohde

Cole Camp FFA

YOU ARE INVITED TO
THE COLE CAMP FFA FARMERS' BREAKFAST
When: Feb 20th @ 6AM
Where: Cole Camp High School Cafeteria

YOU ARE ALSO INVITED TO
The Labor Auction and Businessmans' Dinner on Feb 24th @ 6:30PM in the Cole Camp High School Old Gym

The FFA Banquet to celebrate all our accomplishments throughout the year on May 5th @ 6:30PM in the Cole Camp High School

WE HOPE TO SEE YOU THERE
- COLE CAMP OFFICER TEAM

Cole Camp FFA Chapter's FFA Week

Courtesy of Tori Luebbering,
Cole Camp Reporter

Around the country there are several FFA chapters that celebrate National FFA Week. Why do we celebrate FFA Week? To make a positive difference in the lives of young people by developing their potential for leadership, personal growth, and career success through agriculture education. FFA week was initiated by the National Future Farmers of America Organization which is a youth leadership organization and one of the largest in the US. FFA is the premier youth organization preparing members for leadership and careers in the science, business, and technology of agriculture. This year FFA week is February 18th through the 25th.

Each year the Cole Camp FFA Chapter has different dress up days and activities during FFA Week. Some of our bigger activities include our farmers breakfast, this year we are going to Blair Oaks to participate in the FFA Dodgeball Tournament, and our annual Labor Action. But for our everyday dress up days and activities for this year are… Monday: Is our Farmers Breakfast that morning in our cafeteria. Tuesday: Muddy Truck Day and Clean Car: the muddiest truck wins and cleanest car wins and the dress up day is dress like a farmer. Wednesday: Blue and Gold day: wear official dress. Thursday: Throwback Thursday: big hair and mullets. Friday: Tractor Day: drive your tractor to school and wear your hats. With our Labor Auction that night starting around 6pm.

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FEBRUARY 19-26, 2023

Lincoln FFA



Greenhand/Chapter Degree Ceremony.

Front row: Emma Slate, Lexie Dulaban, Audrey Keuper, Kristen Manning, Christian White, Shelby Lutjen, Allie Keuper, Morgan Stoner
Back row: Sydney Spry, Kaylee Simons, Camden Everhart, Addison Monteer, Hailey Bohon, Haylee Lester, Delaney Monteer, Mackenzie Yearout, Bogan Lines, Blake Lyon, Kolton Walker, Omar Torres, Chevelle Weddle, Blake Spencer, Anthony Welch

The Lincoln FFA Chapter will be hosting our 2n annual Thank A Farmer Dinner on February 19th from 5:30-7:00 pm in the Lincoln Cafeteria. Local farmers and supporters of agriculture are welcome to attend.

Our Chapter Banquet will be held on April 26th at 7pm in the High School Gym. Here we will recognize our members achievements throughout the year and celebrate our growth as a chapter.



The 2022-2023 Lincoln FFA Officer team, along wi members from surrounding chapters, attending the LEA conference for leadership held at State Fair Communi College campus.

Otterville

Otterville FFA Year Recap & Upcoming Events





2022-2023 Otterville FFA Chapter Members & Officers

Taylor Riley- Advisor
Audrey Anderson- President
Hayden Morrison- Vice President
Hailey Hollomon- Secretary
Zach Cordes- Treasurer
Jadyn Phillips- Reporter
Cooper Neel- Sentinel

2022 National FFA Convention Attendees

Hayden Morrison, Coy Wilfong, Zach Cordes, Cooper Neel, Audrey Anderson, Jadyn Phillips, Hailey Hollomon, Toby Capps, Taylor Riley (advisor)

Upcoming Events

February 20th- Community Appreciation Breakfast
February 21st- Drive Your Tractor to School Day
February 22nd- FFA Week with the Governor
February 24th- Labor Auction & Pulled Pork Dinner



Congratulations to Coy Wilfong for winning the Area 8 Grain Production Proficiency Award and advancing to State.

Warrensburg FFA



Members of the Warrensburg FFA for the 2022-23 school year are as pictured

Row 1 (left to right): Advisor Diane Collins, Elias McKinley, Matthew Tye, Emily Anderson, Allison Gross, Madeline Collins, Advisor Luke Jennings & Advisor Bonnie Seymour;
Row 2: Robert Sigsbury, Demetrius McDonald, Brendyn McCandless, Grant Dempsey, Eli Anderson, Kasadee Burden, Daisie McConville, Tucker Randolph, & Velie Short;
Row 3: Isaac Wade, Ashlynn Stevens, Jordyn Madrid, Payton Daugherty, Madilyn Henchey, Ashlyn Kolb, Kyla Dunn, Kylie Phillippe, Grayce Wehner & Zoe Wood;
Row 4: Garrett Wilson, Cole Smith, Dayton Dunn, Brooklynn Smarr, Kassidy Bowes, Mackezie Martin, Aubrey Martin, Emma Hart, Joe Sivils, & Porter McConville.
Not pictured: Angel Bergeron, Jacob Belanger, Carson Bell, Michela Binder, Maddie Courtney, Riley Edmunds, Ben Florida, Alex Gleghorn, Cerissa Holsey, Havyn Hord, Ava Houtsma, Reid Kearfott, Kody Knowles, Tanner Parrott, Lambert Short & Judd Sullivan.



Hunter's Honey Farm outside Indianapolis was one of the favorite destinations for the Warrensburg FFA attendees to the National Convention in October. Pictured left to right Matthew Tye, Allison Gross & Emma Hart. Row 2: Paytor Daugherty, Jordyn Madrid, & Madeline Collins. Row 3 Brooklynn Smarr, Carson Bell & Tanner Parrott.

Warrensburg FFA partnered with other CTSO groups from the Warrensburg Area Career Center to help pack food bags for the Early Childhood Hunger Operation (ECHO) to celebrate Career & Technical Education month in February 2023.

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Pettis County R-V FFA





Pettis Co. R-V FFA Officer Team (L2R: Secretary Alexis Jolly, Reporter Austynn White, President Karli Smith, Treasurer Allison Ballinger, Vice President Shelby Doston) and Senator Sandy Crawford (4th person in picture from L2R) attended a bill signing by governor Mike Parson at Nucor in November. Several members of the officer team received a copy of the agricultural bill passed.



Pettis County R-V FFA Members (L2R: Advisor Shelby Bagnell, Austynn White, Jazzy Butts, Kinley Garrigus, Alexis Jolly, Kaelin Garrigus, Shelby Dotson, Zanah Butts, Emma Newton, Allison Ballinger, Hunter Arnett, Tucker Narron, Cameron Karbinas) visited the Lincoln Monument while attending National Convention. They got to tour the monument and see all the historic features, including Lincoln's tomb.



Pettis Co. R-V FFA Members (Front Row L2R: Kaelin Garrigus, Jazzy Butts, Emma Newton, Zanah Butts, Shelby Dotson, Austynn White, Alexis Jolly, Allison Ballinger, Kinley Garrigus. Back Row L2R: Tucker Narron, Cameron Karbinas, and Hunter Arnett) attended the National FFA Convention in Indianapolis, IN in October. During the convention, members toured multiple museums, attended motivational sessions, and grew closer together as a chapter.

La Monte FFA



La Monte FFA Picture- left to right (front to back) - Ms. Jade Jenkins (advisor), Cora Cook, Ivy Elwell, Aspen Rupe, Mikaylee Rupe Back- left to right- Morgan Hall, Kelcy Mullett, Addison Briggs, Thomas Whitworth, Keely Elwell, Elecktra Parker Not pictured: Ryan Anderson, Alissa Blakely, Addyson Knoernschild, Logan Mullett, Gabe Mahin, Colten Pummill, Taylor Shireman, Wyatt Shireman

We had an INCREDIBLE night and showing in our FFA Proficiency Awards at Area 8.

Congratulations to these kiddos!
Area 8 Proficiency Placings:
Thomas Whitworth-
1st in Agricultural Services
(He will walk across the stage at State Convention to receive this honor!)
Keely Elwell- 1st in Service Learning
(She will walk across stage at State Convention to receive this honor!)
Mikaylee Rupe- 1st in Small Animal Production Care
(She will walk across stage at State Convention to receive this honor!)
Keely Elwell- 2nd Equine Entrepreneurship
Aspen Rupe- 2nd Sheep Production Entrepreneurship
Adyson Knoernschild- 2nd Turf Grass Management
Taylor Shireman- 2nd Fiber Oil Production
Ivy Elwell- 7th in Diversified Horticulture. (Only 1.5 years of records)
We would also like to say a huge Congratulations to Aaron Anderson & Jacob Dixon who received their American Degrees last Fall. The highest honor the FFA Can bestow!







FFA Officer Picture: left to right (front to back)- Ivy Elwell, Aspen Rupe, Mikaylee Rupe Back- Ms. Jade Jenkins (advisor), Kelcy Mullett, Keely Elwell
Not pictured: Gabe Mahin, Taylor Shireman

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M-F 12:30 - 4:30 pm
www.birthright.org
677038ch

21127 Hwy 65
Lincoln, MO 65338
660-547-3621
Fax: 660-547-2614

Lincoln & Ionia

102 North Main
Ionia, MO 65335
660-285-3423
Fax: 660-285-3497

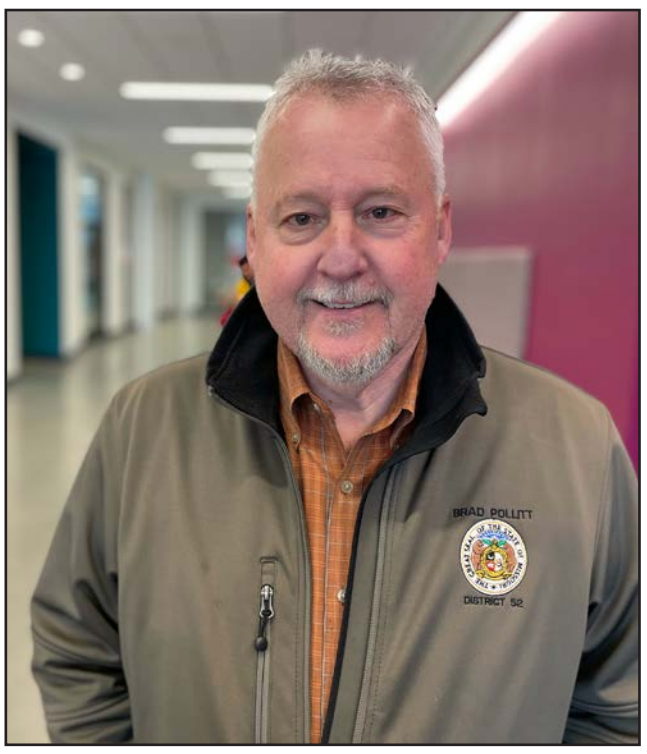
677697cb
PRODUCER'S EXCHANGE
NO. 84
Feed * Grain Market * Fertilizer * Seed * Grinding & Mixing * Farm Supplies * Custom Spraying



State Rep. Rodger Reedy, R-Windsor, addressed the Pettis County Pachyderm Club on Friday on the need for lower taxation on used cars as values have spiked recently.
PHOTO BY CHRIS HOWELL | DEMOCRAT



State Sen. Sandy Crawford, R-Buffalo, was in Sedalia on Friday to update constituents on three bills she is hoping to get to the Missouri Senate soon.



State Rep. Brad Pollitt, R-Sedalia, is hoping to send a bill to the House floor extending Medicaid benefits to low-income mothers from just two months after birth to a full year. Pollitt says pro-life groups in Jefferson City are on board with his proposed bill.

Speak

From Page A1

Pollitt has an open enrollment bill due to hit the floor of the House sometime next week.

"And, you know, there's a lot of them, a lot of controversy around the bill," Pollitt said. "My goal is to try to keep the public-school kids in the public school system. If we don't give choices within the public school system, then eventually, we're going to give a lot of other choices that are outside the public school system."

Pollitt said he prefers that option, though he acknowledged there was stiff opposition to the proposed legislation.

"I think it's a good bill," Pollitt said. "I think it's a good step and to give parents choices within the public school system, so we'll see how that goes next week."

Pollitt is also working to extend Medicaid benefits for mothers who recently gave birth. The postpartum bill would extent the coverage to one year for low-income mothers.

"At this point, we have a number of mothers in the state of Missouri that fall off Medicaid two months after they give birth," Pollitt said. "I didn't support the expansion of Medicaid the voters voted on, but this is an area that I think is a pro-life bill. All the pro-life organizations in Jefferson City are in favor of the bill trying to give those mothers an opportunity to cut down on our postpartum death."

Chris Howell can be reached at 660-520-0416.

Police

From Page A1

Wirt spoke to the assembled officers, police department staff, and their families about Officer Nicklous Camirand.

"Nick received Officer of the Year this year," Wirt said. "He's a very solid performer and well-rounded officer. He does well understanding the importance of positive engagement within the community and establishing relationships to build trust."

Officer Camirand began his career with the Sedalia Police Department in 2018 and was recognized by his supervisors and peers because he exemplifies the department's values.

"Officer Camirand has steadily distinguished himself through his efforts and demonstrated leadership with the launch and development of the department's Drone Unit," Wirt said. "His knowledge and experience have been a valuable asset through the research and equipment selection process."

Camirand worked to ensure the success of the drone program by raising several thousand dollars through grants and donations from local businesses and has impressed command with his use of the drones as a public outreach tool.

"Most recently, Officer Camirand initiated a coloring contest for area elementary students," Wirt said. "Students were given a picture of an SPD drone to color, and the winners were recognized in a class ceremony."

Trophies and drones were awarded, provided through donors, and Camirand included the donors in the award presentation ceremonies.

"Officer Camirand was also instrumental in providing much-needed emotional support and gathered monetary donations for a fellow officer and their family who went through a very difficult loss this past year." Wirt added.

Chief's Awards went to Officer Kyle Schmitt and Officer Justin Franken.

Citizen Recognition Letters were presented to State Farm agent Margaret Ward, Nick Anders and Logan Parham.

Over 20 Commendation letters were written for various officers, including one for K9 Ace.

Nineteen people in Sedalia are alive thanks to the actions of Sedalia officers last year, and Life Save Awards were presented with Officer of the Year Nick Camirand leading the pack with a whopping five of the coveted awards.

Chris Howell can be reached at 660-520-0549.



Sedalia Police Chief Matthew Wirt, Cmdr. David Woolery, Cmdr. Joshua Howell, and Cmdr. Adam Hendricks congratulate Officer of the Year Nicklous Camirand on Thursday evening.
PHOTO COURTESY OF DAN HICKMAN

THE WEATHER

AccuWeather | Go to AccuWeather.com

SEVEN-DAY FORECAST

TODAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
52 37	57 32	60 36	52 47	64 37	45 21	34 31
Mostly cloudy and breezy	Mostly sunny and mild	Partly sunny and mild	Rather cloudy and cooler	Rain and a thunderstorm	Mostly sunny and cooler	Colder with high clouds

SUN AND MOON

Sunrise today	7:01 a.m.
Sunset tonight	5:54 p.m.
Moonrise today	6:17 a.m.
Moonset today	3:59 p.m.

New	First	Full	Last
Feb 20	Feb 27	Mar 7	Mar 14

WEATHER HISTORY

Severe thunderstorms roared across northeastern Indiana and northwestern Ohio late in the day on Feb. 18, 1992. The storm produced hail and funnel clouds.

ALMANAC

Sedalia Regional Airport Thursday

TEMPERATURES

High	35
Low	25
Normal high	44
Normal low	23
Record high	72 in 1961
Record low	-10 in 2021

PRECIPITATION

Thursday	Trace
Month to date	1.28"
Normal m-t-d	1.17"
Year to date	2.83"
Normal y-t-d	3.09"

HEATING DEGREE DAYS

Index of energy consumption indicating how many degrees the average temperature was below 65 degrees for the day.

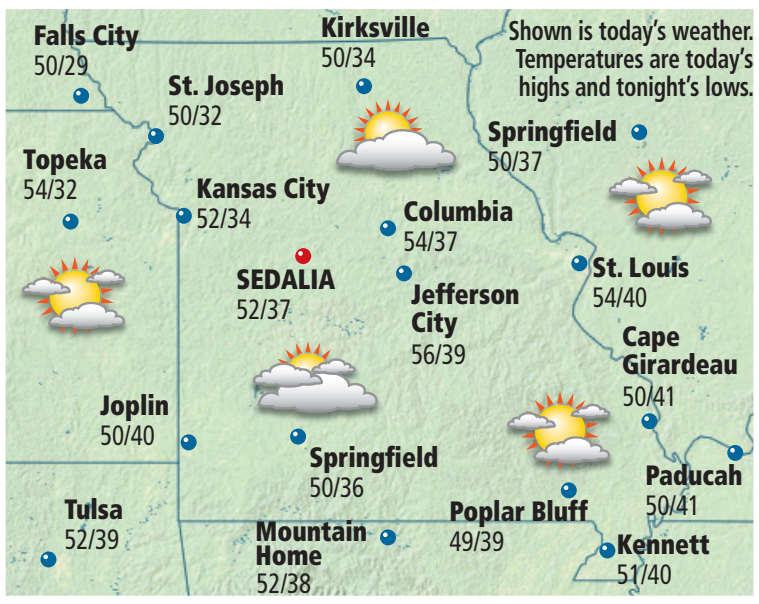
Thursday	35
Month to date	415
Season to date	3092
Normal season to date	3716
Last season to date	2864

RIVER LEVELS

In feet as of 7 a.m. Friday

Blackwater	Stage	Chg	Fld Stg
Blue Lick	10.22	+1.25	24
Valley City	5.19	-1.23	22
Lamine			
Otterville	2.50	-0.01	15
Missouri			
Boonville	4.92	-0.03	21

Forecasts and graphics provided by **AccuWeather, Inc.** ©2023



BRANSON

High: 53. **Low:** 38. Considerable cloudiness today. Turning out clear tonight. Sunny to partly cloudy and milder tomorrow; a nice end to the weekend.

KANSAS CITY

High: 52. **Low:** 34. Mostly cloudy and breezy today. Turning out clear and breezy tonight. Partly sunny and mild tomorrow; a nice end to the weekend.

ST. LOUIS

High: 54. **Low:** 40. Some sunshine giving way to clouds today; breezy during the afternoon. Overcast this evening, then partly cloudy late.

NEW YORK CITY

High: 44. **Low:** 36. Plenty of sunshine today. Patchy clouds tonight. Periods of clouds and sun tomorrow; best day of the weekend.

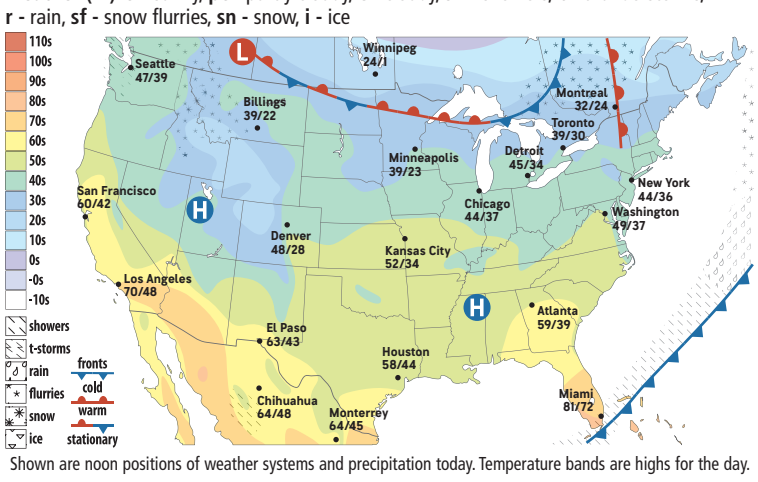
LOS ANGELES

High: 70. **Low:** 48. Partly sunny today. Partly cloudy tonight. Some sunshine tomorrow. Monday: mostly sunny. Tuesday: areas of low clouds, then some sun.

NATIONAL WEATHER

	Today Hi/Lo/W	Sunday Hi/Lo/W
Atlanta	59/39/s	63/47/s
Baltimore	49/33/s	57/44/pc
Billings	39/22/sh	40/29/sf
Boston	43/33/s	48/42/pc
Buffalo	39/33/pc	49/39/c
Charlotte	58/37/s	61/46/s
Chicago	44/37/pc	50/33/pc
Cleveland	47/35/s	53/42/pc
Dallas	54/43/c	71/56/pc
Denver	48/28/pc	45/29/pc
Detroit	45/34/s	50/36/pc
Honolulu	79/72/sh	81/73/sh
Houston	58/44/pc	72/57/pc
Indianapolis	48/36/pc	57/37/s
Las Vegas	60/40/pc	63/42/s
Milwaukee	43/36/pc	45/28/pc
Nashville	53/43/s	63/51/s
New Orleans	54/45/pc	67/55/pc
Norfolk	46/36/s	60/52/pc
Oklahoma City	49/36/pc	68/41/pc
Orlando	73/57/pc	82/57/pc
Phoenix	74/47/pc	72/53/pc
Pittsburgh	44/31/s	55/42/pc
Portland, ME	38/25/s	44/35/pc
Portland, OR	46/37/r	50/42/c
Sacramento	62/33/s	64/38/pc
St. Louis	54/40/pc	60/37/s
San Francisco	60/42/s	62/45/s
Seattle	47/39/c	47/44/c
Washington, DC	49/37/s	59/48/pc

Weather (W): **s** - sunny, **pc** - partly cloudy, **c** - cloudy, **sh** - showers, **t** - thunderstorms, **r** - rain, **sf** - snow flurries, **sn** - snow, **i** - ice



Shown are noon positions of weather systems and precipitation today. Temperature bands are highs for the day.

Summary: Major storms will avoid the nation today. Some patches of snow will affect Idaho and Montana and may dip into the northern New York and New England. Rain showers will dot Washington and South Florida.



WASHBURN UNIVERSITY FALL 2022 GRADUATES

Washburn University announced the students in its fall 2022 graduating class. These students completed their courses for certificates, associate, bachelor's, master's and doctorate degrees.

Karintzin Patron-Arreola, of Sedalia, graduated with an Associate of Liberal Studies.

"These students have worked hard to earn their certificate or degree and we are proud of all they have achieved while at Washburn," said Marshall Meek, interim president, Washburn University. "We are excited to see what each of them accomplishes in their communities as they make the transition from student to alumni, working in their chosen field."

LOCAL BRIEFS

Smith-Cotton JROTC to host 17th annual drill meet

The Smith-Cotton JROTC Program will host its 17th annual Drill Meet on Saturday, Feb. 18 at Smith-Cotton High School.

More than 15 schools and 20 teams will be coming to compete.

All the competitive events will start at 8 a.m. Events include Armed Regulation and Exhibition, Unarmed Regulation and Exhibition, Solos and Duals, Armed/Unarmed Inspection, Color Guard, and Armed/Unarmed New Cadet.

The event is free and open to the public. Concessions will be available throughout the day, as well as Sedalia's Fresh Lemonade company. There will also be a silent auction, 50-50 raffle, and a raffle for a 2022 Polaris Ranger. The awards ceremony is set to begin at 5 p.m.

New

From Page A1

Pena, originally from San Diego, California, attended Brigham Young University in Provo, Utah. She has a bachelor's degree in biology and is a stay-at-home mom who homeschools her children.

"I believe farmers' markets are an essential part of any community — they help the local economy, provide nutritious food, and build relationships," Pena stated on Facebook. "Brenda's work as Market Manager for the last 14 years has blessed countless people, and I consider it an honor to continue her work."

Pena said by phone on Friday the family doesn't have a farm but lives on five acres in rural Sedalia.

"And we are trying to turn it into a homestead," she noted. "We plan to plant an orchard and a garden; we have chickens.

"So, the goal is not for it to be a business for us but just to provide for our family," she continued. "I like agriculture and growing yummy food. It's just something I enjoy."

Regarding the market, Pena said her goal is to continue what Raetz and the board have done over the last 15 years.

"I want to think about ways that it can be improved," she said. "But I don't know if I know what those things are right now.

"I would love it if every day, vendors went home with empty tables and empty trucks," she added. "Because so many people came to buy all of the goods that they had prepared. I don't know how to accomplish that, but I really want to find ways to help those vendors be successful."

Pena noted she's grateful for what the vendors do for the community.

SAFM is accepting 2023 vendor applications. Those who wish to apply as a vendor may do so on the website sedaliaareafarmersmarket.com and click the "vendor tab."

The market season begins Friday, May 5. The Sedalia Area Farmers' Market is open Tuesdays and Fridays in the Nucor Pavilion on the Missouri State Fairgrounds.

Faith Bemiss can be reached at 660-530-0289 or on Twitter @flbemiss.

State

From Page A1

"Students develop STEM skills and practice engineering principles while realizing the value of hard work, innovation, and working as a team."

The teams competed Saturday, Feb. 4 at the KC-East League Tournament with 26 other teams.

After a day of qualifying rounds, which consisted of a two-minute and 30-second match with a Red Alliance and Blue Alliance of two robots per side, Stealth Panther Robotics entered the playoffs as the Captain of the number one seed. The Panthers invited The Small Fries and Rocinante, both from Warrensburg, to join their alliance.

The teams finished the day as finalists and received several awards.

Team 16309 received FIRST Tech Challenge's (FTC) highest award, the Inspire Award. According to a news release, the Inspire Award winner inspires other teams, acting with gracious professionalism both on and off the playing field.

"This team shares their experiences, enthusiasm and knowledge with other teams, sponsors, their community, and the judges. Working as a unit, this team will have shown success in performing the task of designing and building a robot," the news release states.

The award included a full-ride scholarship to Metropolitan Community College-Kansas City Penn Valley Campus for each team member.

Alex Adams and Alex Cain were also dean's list finalists. The dean's list recognizes FIRST's most outstanding FTC students. These awards earn the team and students an advancement to the MO/KS Regional Championship on March 4 at Missouri S&T.

Team 9849 won the first place Connect Award. According to the release, this judged award is given to the team that most connects with their local science, technology, engineering, and math (STEM) community. The recipient of this award is recognized for helping the community understand FIRST, FTC, and the team itself.

Team 18463 won the second place Motivate Award. According to the release, this judged award celebrates the team that represents the essence of the FTC competition through gracious professionalism and general enthusiasm for the overall philosophy of FIRST and what it means to be an FTC team.

"This is a team who makes a collective effort to make FIRST known throughout their school and community, and sparks others to embrace the culture of FIRST," the release states.

Rocinante was also the third place Design Award winner. This judged award recognizes design elements of the robot that are functional and aesthetic. According to the release, the Design Award is presented to teams that incorporate industrial design elements into their solution. The design elements could simplify the robot's appearance, be decorative, or express the team's creativity. The robot should be durable, efficiently designed, and address the game challenge effectively.

"I am looking forward to seeing what they will achieve," Adams said. "They never cease to amaze me. No matter how difficult it might seem, they find a solution. The gracious professionalism and cooperation displayed by these three teams throughout the entire season has made us so proud to be their coaches.

"We could not ask for a better group of students. I can not wait to see what the future holds for them. They are the next generation of doers, problem solvers, craftsmen, engineers, and coders from farm to space."

Stealth Panther Robotics 16309 advanced to the State Championship. After the State Championship in March at Missouri S&T, four teams will advance to the World Championship in Houston, Texas, in April.

Meliyah Venerable can be reached at 660-747-8123.



After 28 years, man wrongfully convicted of murder is free

By Jim Salter
Associated Press

ST. LOUIS — As he languished in a Missouri prison for nearly three decades, Lamar Johnson never stopped fighting to prove his innocence, even when it meant doing much of the legal work himself.

This week a St. Louis judge overturned Johnson's murder conviction and ordered him freed. Johnson closed his eyes and shook his head, overcome with emotion. Shouts of joy rang out from the packed courtroom, and several people — relatives, civil rights activists and others — stood to cheer. Johnson's lawyers hugged each other and him.

"I can't say I knew it would happen, but I would never give up fighting for what I knew to be the right thing, that freedom was wrongfully taken from me," Johnson said.

Thanks to a team of lawyers, a Missouri law that changed largely because of his case, and his own dogged determination, he can start to put his life back together. "It's persistence," the 49-year-old said Friday in an interview with The Associated Press.

"You have to distinguish yourself. I think the best way to get (the court's) attention, or anyone's attention, is to do much of the work yourself," Johnson said. "That means making discovery requests from law enforcement agencies and the courts, and that's what I did. I wrote everybody."

He said that he was able to contact people "who were willing to come forward and tell the truth."

Johnson was just 20 in 1994 when his friend, Marcus Boyd, was shot to death on Boyd's front porch by two masked men. Police and prosecutors arrested Johnson days later, blaming the killing on a dispute over drug money; both men were drug dealers.

From the outset, Johnson said he was innocent. His girlfriend backed his alibi that they were together when the killings occurred. The case against him was built largely on the account of an eyewitness who picked Johnson out of a police lineup, and a jailhouse informant who told a police detective that he overheard Johnson discussing the crime.

Decades of studies show that eyewitness testimony is right only about half the time — and since Johnson's conviction, across the country there has been a reexamination of eyewitness identification procedures, which have been shown to often reproduce racial biases.

At a December hearing on Johnson's innocence claim, eyewitness James Gregory Elking testified that the detective had "bullied" him into naming Johnson as a shooter, allegedly telling Elking, "I know you know who it is," and urging him to "help get these guys off the street."

St. Louis Circuit Judge David Mason also heard testimony calling into question the informant's integrity. Even more, an inmate at South Central Correctional Center in Licking, Missouri — James Howard — came forward to tell the judge that he and another man were the shooters — and that Johnson wasn't involved. Howard is currently serving a life term for an unrelated murder.

After two months of review, Mason announced his ruling Tuesday.

"It felt like a weight had been lifted off me," Johnson said. "I think that came out in how emotional I got afterward. I was finally heard."

It was a moment that he wasn't sure would ever come.

A connection to another wrongfully convicted man also played a pivotal role in Johnson's eventual freedom.

Ricky Kidd was convicted of killing two men in Kansas City in 1996. He was sent to the Potosi Correctional Center, where he and Johnson became friends. One day, in the prison yard, Johnson turned to Kidd.

"He said, 'You might not believe me, but I'm innocent,'" Kidd recalled. "I said, 'Oh yeah? You might not believe me but I'm innocent, too!'"

The two became cellmates. Eventually, the Midwest Innocence Project agreed to take on Kidd's case. Meanwhile, Johnson's effort was going nowhere. Kidd recalled a night when he was awakened by Johnson's quiet sobs and the sound of his feet pacing the floor.

"He said, 'Man, I don't think I'm going to make it out. I keep getting these doors shut,'" Kidd said. "I said, 'You got to hang in there.'"

Johnson tried to stay busy. That included working in the prison hospice unit. It gave him a new perspective.

"Growing up where I grew up, death, shootings, all those kinds of things are kind of normal," he said. Working in hospice, "You develop a greater appreciation of life, as you see someone go through that death process."

Meanwhile, Kidd talked to an investigator with the Innocence Project and made the case that since Johnson had already done so much background work himself that the process would have a head start. The organization took on his case.

Lindsay Runnels, a Kansas City attorney who partners with the Innocence Project, said Johnson's work was vital. For example, she said his Freedom of Information Act requests uncovered the extensive criminal background of the jailhouse informant, which called into question the man's integrity.

"He just did all of that groundwork on his own from his jail cell, with nothing but paper and stamp," Runnels said.

St. Louis Circuit Attorney Kim Gardner believed Johnson was innocent. But her efforts to help him were blocked when the Missouri Supreme Court, in March 2021, ruled that Gardner lacked the authority to seek a new trial 28 years after the conviction.

Missouri lawmakers, disturbed that an innocent person could remain in prison on the technicality that too much time had passed since his conviction, passed a law enacted in August 2021 that allows prosecutors to request a hearing before a judge in cases of potential wrongful conviction. That law freed another longtime inmate, Kevin Strickland, in 2021. He had served more than 40 years for a Kansas City triple-killing.

Some states, including California and Hawaii, are also wrestling with how to handle wrongful convictions cases. In California, Attorney General Rob Bonta is setting up a commission to review criminal cases for possible wrongful convictions. The Innocence Project's website says that across the U.S., it has helped free or exonerate more than 240 people, 58% of whom are Black.

The vast majority of their clients were exonerated by DNA evidence.

Now, Kidd is a public speaker who also works with prosecutors to help them avoid convicting innocent people. He hopes Johnson will join him in his effort. What Johnson chooses to do next as a free man is unclear.

"I think we can move the needle, prevent wrongful convictions in the first place and help extricate more individuals on the back end," Kidd said.

Johnson said he's thankful to be free, even if he's unsure what the future holds.

"It's exciting and a little intimidating," he said. "I have to go out there and learn, and survive, and get my life back in order."

STATE BRIEFS

Former St. Louis officer acquitted of raping colleagues

ST. LOUIS — A former St. Louis police officer was acquitted Friday in a rape case filed after two former colleagues said they were assaulted more than a decade ago.

Jurors took just 90 minutes to find Lafeal Lawshea, 40, not guilty after he testified during the trial that sexual encounters with the women were consensual, the St. Louis Post-Dispatch reported.

Prosecutors argued Lawshea gave the women drinks that caused them to black out on separate nights in 2009 or 2010. One woman said she woke up to find Lawshea's friend on top of her. The other said Lawshea was pinning her down when she woke up.

Lawshea's attorney, Travis Noble, suggested that one woman claimed raped to make money on a potential lawsuit against the department and the other was embarrassed that she had sex with a Black man.

Lawshea's co-defendant, Torey Phelps, was acquitted late last year of raping one of the women.

THIER VIEW

Missouri doesn't need to cringe at the next 'Colored toilet' idiocy. We can prevent it

By Kansas City Star

It's a story we've seen repeated way too many times in Missouri, and around the whole country: Someone at a public institution — a business, government agency or school — does something horribly racist or bigoted. Then the response from leadership is a tepid call for a new round of training. How about actually doing something to stop the next bit of idiocy from happening in the first place?

The most recent example is an online video showing bathroom stalls at the St. Louis-area Eureka High School labeled "Colored toilet" and "White toilet." The video was posted to a private group on social media and brought to the attention of district officials last week. The school said the student who posted the video has been identified and consequences will follow.

Rockwood School District Superintendent Curtis Cain wrote in an email to parents: "We are diligently helping students deal with the harm that this post has caused, while also teaching our students the power of words and the far-reaching impact they can have on others."

That kind of response isn't uncommon. It's the reaction of embarrassed leaders who have to explain and address what they plan to do in the future to keep from getting mortified again.

But is calling for diversity training or teaching the students about "the power of words" all that helpful? A child in preschool knows the power of words. An adult who's been in the workplace for longer than five minutes knows you aren't supposed to say or do bigoted things.

And yet these incidents keep happening. Repeatedly. With only a detail changed here or there.

In New York state recently, a school food service put fried chicken and watermelon on the menu to "celebrate" the first day of Black History Month. The principal called this decision "inexcusably insensitive and reflected a lack of understanding of our district's vision to address racial bias."

It doesn't sound as if that vision is really so clear, if there are adults making decisions who don't know that associating Black people with eating fried chicken and watermelon is a blatantly racist stereotype.

It's past time for leaders to stop giving tired, tread-worn lip service disguised as outrage after these incidents. They don't happen in every business, organization or school in America. It's not inevitable that an institution is bound to embarrass itself someday with a display of bigotry or harassment. It just isn't.

But when these things do happen, we need to stop letting those at the top get away with pretty words, or act as if whatever temporary solution they've tossed out covers them. Diversity and inclusion training isn't punishment to be meted out. Organizations need to be held accountable not just in the immediate aftermath of these incidents, but in the weeks, months and even years to come.

If an institutional culture provides a comfort level for someone to showcase bigotry like it's an award-winning science fair project, the spotlight needs to be shone on how its leaders are going to actually change that atmosphere. And a big part of healing a toxic environment starts with acknowledging what caused it.

Sure, many times when a student or employee does something offensive, it's an isolated event that reflects on just that individual. And if that's the case, there's no harm in saying so. People's influences extend far past the place where they offend. Some parents, for example, are role models for racism and bigotry, and their kids bring that to school. But placing blame on just one person still requires work to make sure it isn't an ongoing problem where it happened.

These ugly incidents won't stop. We can't do much about our fallible human nature. But what we can do is push to normalize institutional introspection. Organizations need to investigate and demonstrate why a bad act happened in the first place, and then take steps we know can actually change the climate. Let's stop letting our schools, companies and government bureaus stick Band-Aids on the boo-boos, and instead take real action to prevent them.

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, 111 W. Fourth St., Sedalia, Mo., 65301 or emailed to news@sedaliademocrat.com.



CONTRIBUTING COLUMN

A great time to be a Chiefs fan



Deborah Mitchell
Contributing Columnist

We've had a week to ruminate over the Super Bowl, now cast in red and gold. What a game! I never doubted the Chiefs, but watching them get the win was almost painful. In 2019, the Chiefs started slowly and won the Super Bowl in the final minutes. They did it again this year. They should take pity on people who suffer through their shilly-shallying and simply step on the gas at kickoff!

This game encompassed it all – drama, controversy, history, and more. That's why I haven't been able to stop thinking about it.

First was the drama of two brothers playing against each other. Their mother knew that one son would be euphoric and the other devastated. How does a parent commiserate with one and celebrate the other at the same time?

Next, Chiefs fans were horrified when Carl Cheffers was named the game's referee. Cheffers called 17% of the Chiefs' total penalties and caused 20% of their penalty yards this season in only TWO GAMES (http://bit.ly/3XFhD9d)! Would we see numerous flying yellow flags? Would Cheffers be the Chiefs' undoing?

Then, still, before kickoff – how much folderol, dilly-dallying, and blathering can we have before the game? – in a shocking display, people booed loudly when Dak Prescott was named the Walter Payton Man of the Year, awarded annually to the player who "best [represents] the best of the NFL's commitment to philanthropy and community impact" (http://bit.ly/3Kgcp0q). Why people boo someone for being exceptional in community service is beyond me.

Next, Sheryl Lee Ralph, star of "Abbott Elementary," sang "Lift Every Voice and Sing." The Twitterverse immediately burst into high dudgeon because the song is sometimes referred to as "The Black National Anthem;" tweeters were incensed about two "national anthems."

Originally written as a poem in 1900, the song commemorates the struggle and hope for equality of Black people in that time of our nation's history. The NAACP called it the "Negro national anthem" in 1919, and "Lift Every Voice" was sung widely in the 1920s as a reaction to Jim Crow laws and civil rights (http://bit.ly/3EkaGng). "The Star-Spangled Banner" was adopted as the national anthem in 1931.

Chris Stapleton then sang the national anthem. His fabulous bluesy rendition of "The Star-Spangled Banner" and an all-woman fighter pilot crew doing the traditional flyover brought me to tears.

After kickoff, the Eagles scored first, and then the Chiefs scored. The Eagles scored again. We got into field goal range – and Harrison Butker, about whom I've been carping all season, missed a 42-yarder, something I'm sure our own Blake Grupe would have hit blindfolded. Chiefs were down 10 at the half.

More uproar occurred when Rhianna presented the halftime show. People didn't like what she sang. They didn't like how she looked. They didn't like the dancers' costumes. And on and on.

Last year's Super Bowl showed me that not everyone has the same musical taste. Hip-hop/rap stars, even Snoop Dog, took the halftime stage, and though I don't like that type of music, apparently, everyone and his brother under age 50 loves it. Was I becoming an old fogey (!) just like my father? He bemoaned all music that wasn't Glen Miller's. New mantra: If you don't like it, don't watch it.

The final controversy came in the last few minutes of the game. The score was tied, and a "zebra" threw a penalty flag on the Eagles for holding. The Chiefs took advantage, and this time, Butker's kick went through the uprights instead of bouncing off.

Before we could jump up and down, social media went wild. It wasn't a hold! The referees had dictated the game's end! It wasn't fair!

After the game, the Eagles' player admitted that he committed the penalty but was hoping the referees would let it slide. They didn't.

Regardless of all the brouhaha, it was an exciting game. The Chiefs played a horrible first half and a great last quarter. Given all we've seen, including that our offensive line protected Mahomes all game AND the number of rookies who were instrumental in this win, I'm sure that Mahomes Magic hasn't seen its last Super Bowl. It's a great time to be a Chiefs fan.

Deborah Mitchell is a Sedalia attorney.

LETTERS TO THE EDITOR

A few more notes on St. Louis

DEAR EDITOR:

I just had to write a Letter to The Editor about Doug Kneibert's recent column about "The other big city in Missouri."

It was interesting to read about the crusades. I know we studied a bit about the crusades in my world history class in high school. All these years later, I honestly don't remember much about them, but Doug helped to jog my memory a bit.

My wife and I both grew up in St. Louis, so I am very familiar with the statue of King Louis IX of France, located in Forest Park. That statue was the symbol for the city of St. Louis before the Gateway Arch was built. There are several other great attractions in Forest Park. There is the St. Louis Art Museum, which is located right behind the statue of Saint Louis. There is also the St. Louis Zoo, The History Museum, and The Planetarium, which is now part of the St. Louis Science Center.

Most people know that St. Louis is home to the St. Louis Cardinals, but it is also home to the St. Louis Symphony Orchestra, which is the oldest symphony orchestra west of the Mississippi River. Of course, a lot of us in Sedalia know that our symphony orchestra is the second oldest west of the Mississippi.

I think that when most people think about St. Louis, they automatically think of the Arch, but it has so much more to offer!

Phillip Gerlt
Sedalia

Amid ChatGPT outcry, some teachers are inviting AI to class

By Jocelyn Gecker
Associated Press

LEXINGTON, Ky. — Under the fluorescent lights of a fifth grade classroom in Lexington, Kentucky, Donnie Piercey instructed his 23 students to try and outwit the "robot" that was churning out writing assignments.

The robot was the new artificial intelligence tool ChatGPT, which can generate everything from essays and haikus to term papers within seconds. The technology has panicked teachers and prompted school districts to block access to the site. But Piercey has taken another approach by embracing it as a teaching tool, saying his job is to prepare students for a world where knowledge of AI will be required.

"This is the future," said Piercey, who describes ChatGPT as just the latest technology in his 17 years of teaching that prompted concerns about the potential for cheating. The calculator, spellcheck, Google, Wikipedia, YouTube. Now all his students have Chromebooks on their desks. "As educators, we haven't figured out the best way to use artificial intelligence yet. But it's coming, whether we want it to or not."

One exercise in his class pitted students against the machine in a lively, interactive writing game. Piercey asked students to "Find the Bot:" Each student summarized a text about boxing champion and Kentucky icon Muhammad Ali, then tried to figure out which was written by the chatbot.

At the elementary school level, Piercey is less worried about cheating and plagiarism than high school teachers. His district has blocked students from ChatGPT while allowing teacher access. Many educators around the country say districts need time to evaluate and figure out the chatbot but also acknowledge the futility of a ban that today's tech-savvy students can work around.

"To be perfectly honest, do I wish it could be uninvented? Yes. But it happened," said Steve Darlow, the technology trainer at Florida's Santa Rosa County District Schools, which has blocked the application on school-issued devices and networks.

He sees the advent of AI platforms as both "revolutionary and disruptive" to education. He envisions teachers asking ChatGPT to make "amazing lesson plans for a substitute" or even for help grading papers. "I know it's lofty talk, but this is a real game changer. You are going to have an advantage in life and business and education from using it."

ChatGPT quickly became a global phenomenon after its November launch, and rival companies including Google are racing to release their own versions of AI-powered chatbots.

The topic of AI platforms and how schools should respond drew hundreds of educators to conference rooms at the Future of Education Technology Conference in New Orleans last month, where Texas math teacher Heather Brantley gave an enthusiastic talk on the "Magic of Writing with AI for all Subjects."

Brantley said she was amazed at ChatGPT's ability to make her sixth grade math lessons more creative and applicable to everyday life.

"I'm using ChatGPT to enhance all my lessons," she said in an interview. The platform is blocked for students but open to teachers at her school, White Oak Intermediate. "Take any lesson you're doing and say, 'Give me a real-world example,' and you'll get examples from today — not 20 years ago when the textbooks we're using were written."

For a lesson about slope, the chatbot suggested students build ramps out of cardboard and other items found in a classroom, then measure the slope. For teaching about surface area, the chatbot noted that sixth graders would see how the concept applies to real life when wrapping gifts or building a cardboard box, said Brantley.

She is urging districts to train staff to use the AI platform to stimulate student creativity and problem solving skills. "We have an opportunity to guide our students with the next big thing that will be part of their entire lives. Let's not block it and shut them out."

Students in Piercey's class said the novelty of working with a chatbot makes learning fun.

After a few rounds of "Find the Bot," Piercey asked his class what skills it helped them hone. Hands shot up. "How to properly summarize and correctly capitalize words and use commas," said one student. A lively discussion ensued on the importance of developing a writing voice and how some of the chatbot's sentences lacked flair or sounded stilted.

Trevor James Medley, 11, felt that sentences written by students "have a little more feeling. More backbone. More flavor."

Next, the class turned to playwriting, or as the worksheet handed out by Piercey called it: "Pl-ai Writing." The students broke into groups and wrote down (using pencils and paper) the characters of a short play with three scenes to unfold in a plot that included a problem that needs to get solved.

Piercey fed details from worksheets into the ChatGPT site, along with instructions to set the scenes inside a fifth grade classroom and to add a surprise ending. Line by line, it generated fully formed scripts, which the students edited, briefly rehearsed and then performed.

One was about a class computer that escapes, with students going on a hunt to find it. The play's creators giggled over unexpected plot twists that the chatbot introduced, including sending the students on a time travel adventure.

"First of all, I was impressed," said Olivia Laksi, 10, one of the protagonists. She liked how the chatbot came up with creative ideas. But she also liked how Piercey urged them to revise any phrases or stage directions they didn't like. "It's helpful in the sense that it gives you a starting point. It's a good idea generator."

She and classmate Katherine McCormick, 10, said they can see the pros and cons of working with chatbots. They can help students navigate writer's block and help those who have trouble articulating their thoughts on paper. And there is no limit to the creativity it can add to classwork.

The fifth graders seemed unaware of the hype or controversy surrounding ChatGPT. For these children, who will grow up as the world's first native AI users, their approach is simple: Use it for suggestions, but do your own work.

"You shouldn't take advantage of it," McCormick says. "You're not learning anything if you type in what you want, and then it gives you the answer."

—

Associated Press writer Sharon Lurye contributed to this report from New Orleans.

Facebook ran ads in Moldova for oligarch sanctioned by US

By David Klepper and Stephen McGrath
Associated Press

WASHINGTON — Facebook allowed an exiled Moldovan oligarch with ties to the Kremlin to run ads calling for protests and uprisings against the pro-Western government, even though he and his political party were on U.S. sanctions lists.

The ads featuring politician and convicted fraudster Ilan Shor were ultimately removed by Facebook but not before they were seen millions of times in Moldova, a small nation of about 2.6 million sandwiched between Romania and war-torn Ukraine.

Seeking to exploit anger over inflation and rising fuel prices, the paid posts from Shor's political party targeted the government of pro-Western President Maia Sandu, who earlier this week detailed what she said was a Russian plot to topple her government using external saboteurs.

"Destabilization attempts are a reality and for our institutions, they represent a real challenge," Sandu said Thursday as she swore in a new government led by pro-Western Prime Minister Dorin Recean, her former defense and security adviser. "We need decisive steps to strengthen the security of the country."

The ads reveal how Russia and its allies have exploited lapses by social media platforms — like Facebook, many of them operated by U.S. companies — to spread propaganda and disinformation that weaponizes economic and social insecurity in an attempt to undermine governments in Eastern Europe.

Shor's ads have helped fuel angry protests against the government and appear to be aimed at destabilizing Moldova and returning it to Russia's sphere of influence, according to Dorin Frasineau, a foreign policy adviser to former Moldovan Prime Minister Natalia Gavrilita, whose resignation led to the formation of the new government on Thursday.

"Even though he is on the U.S. sanctions list, I still see sponsored ads on Facebook," Frasineau said, saying he had spotted what he believes were fake accounts sharing the posts this week. He said the Moldovan government sought answers from Facebook to no avail. "We have talked with Facebook, but it is very hard because there is no specific person, no contact."

Rules governing the sanctions list prohibit U.S. companies from engaging in financial transactions with listed individuals and groups. The U.S. Treasury Department, which manages the sanctions program, declined to comment publicly when asked about the ads.

In a statement to The Associated Press, Meta, the company that owns Facebook and Instagram, said it removed the posts as soon as it found them.

"When Ilan Shor and the Shor Party were added to the U.S. sanctions list, we took action on their known accounts," a company spokesperson said. "When we identified new associated accounts, we took action on those, as well. We adhere to U.S. sanctions laws and will continue working to detect and enforce against fake accounts and pages that violate our policies."

Meta, which recently announced deep layoffs, did not respond to questions about the size of its staff in Moldova, or the number of employees who speak Moldova's languages. Like many big tech firms based in the U.S., Meta has sometimes struggled to moderate content in languages other than English.

The ads were identified by researchers at Reset, a London-based nonprofit that researches social media's impact on democracy, who shared their findings with The Associated Press. Felix Kartte, a senior adviser at Reset, said Meta's response to disinformation and propaganda in Moldova could have sweeping implications for European security.

"Their platforms continue to be weaponized by the Kremlin and Russian secret services, and because of the company's inaction, the U.S. and Europe risk losing a key ally in the region," said Kartte, who is based in Berlin.

Nine different paid posts from the Shor Party ran on Facebook after the U.S. imposed sanctions. Most were removed within a week after the sanctions announcement, though Shor bought another paid post in January, two months after he was sanctioned. All were clearly identifiable by Shor's name.

The posts can be found on Facebook's online advertisement library, which contains a searchable catalogue.

The library confirms the ads placed by Shor and his party were seen millions of times before they were ultimately removed.

The most recent ad, taken down a month ago, was pulled because it failed to include a disclaimer about the ad's sponsor, according to a notation attached to one of the videos in the library. The library does not mention the sanctions.

The ads weren't money makers for Meta, generating only about $15,000 in revenue, a pittance for a company that earned $4.65 billion in the last quarter.

Nonetheless, they were effective. One ad, which ran on Facebook for just two days — October 29-30 — was seen more than a million times in Moldova. In the post, which cost Shor's party less than $100 to upload, the oligarch accuses Sandu's government of corruption and kleptocracy.

"You and I will have to pull them out of their offices by the ears and throw them out of our country like evil spirits," Shor tells the audience.

Shor, 35, is an Israeli-born Moldovan oligarch who leads the populist, Russia-friendly Shor Party. Currently living in exile in Israel, Shor is implicated in a $1 billion theft from Moldovan banks in 2014; is accused of bribery to secure his position as chair of a Moldovan bank, and was named in October on a U.S. Treasury Department sanctions list as working for Russian interests.

The U.S. says Shor worked with "corrupt oligarchs and Moscow-based entities to create political unrest in Moldova" and to undermine the country's bid to join the EU. The sanctions list also names the Shor Party and Shor's wife, a Russian pop star. The U.K. also added Shor to a sanctions list last December.

Last fall, Moldova was rocked by a series of anti-government protests initiated by the Shor Party, which saw thousands take to the streets in the capital, Chisinau, at a time of skyrocketing inflation and an acute energy crisis after Russia reduced gas supplies to Moldova.

Many of the protesters called for early elections and demanded Sandu's resignation.

Around the same time, Moldova's government filed a request to the country's Constitutional Court to declare the Shor Party illegal, a case that is ongoing. Moldova's anti-corruption prosecutors' office also opened an investigation into the financing of the protests, which prosecutors said involved at least some Russian money.

On Monday, Sandu went public with what she claimed was a plot by Moscow to overthrow the government using external saboteurs, to put the nation "at the disposal of Russia" and to derail it off its course to one day join the EU.

Sandu said the purported Russian plot envisioned attacks on government buildings, hostage-takings and other violent actions by groups of saboteurs. Russia has since strongly denied those claims.

Once part of the Soviet Union, Moldova declared its independence in 1991. In recent years, the country has lurched from one political crisis to another, often caught in limbo between pro-Russian and pro-Western sentiments.

1st class of Ukraine fighters finishes advanced US training

By Tara Copp
Associated Press

ABOARD A US MILITARY AIRCRAFT — The first class of 635 Ukrainian fighters has finished a five-week advanced U.S. training course in Germany on sophisticated combat skills and armored vehicles that will be critical in the coming spring offensive against the Russians, the Pentagon said Friday.

Pentagon press secretary Brig. Gen. Pat Ryder said that additional training is already underway at the Grafenwoehr training area, and will involve about 1,600 more Ukrainian troops. The completion of the first class coincided with a visit to the base by Defense Secretary Lloyd Austin, giving him his first chance to see Ukrainian soldiers training there.

The first group of Ukrainian forces arrived at the base on Jan. 15 and was put through an intense course that prepared them to take Bradley fighting vehicles and M109 Paladins into battle. The Bradleys and Paladins are two of the many armored vehicles and tanks that the U.S. and allies have pledged to the Ukrainians to help them punch through entrenched Russian troop lines. The Paladin is a self-propelled howitzer that runs on tracks rather than wheels.

Ryder said another battalion of Ukrainian troops began training on the Bradley fighting vehicle two weeks ago, and a field artillery battalion started instruction on the Paladin. Those two units total about 710 troops. Another field artillery unit and a Stryker battalion will start training next week, involving about 890 troops. That will be the first Ukrainian battalion to get training on the Stryker, an armored personnel carrier.

Defense leaders have called the latest training program key to expanding Ukraine's ability to launch a coordinated offensive, teaching its military to effectively move and coordinate its company- and battalion-size units in battle, using combined artillery, armor and ground forces.

Ukrainian President Volodymyr Zelenskyy has continually pressed Western allies to hasten their military support. Speaking at a major international security conference in Munich on Friday, Zelenskyy said delays would play into Russia's hand as the war approaches its first anniversary.

During a visit to the Grafenwoehr training base last month, U.S. Army Gen. Mark Milley, chairman of the Joint Chiefs of Staff, said the new skills will better prepare Ukrainian troops to counter any surge in Russian attacks.

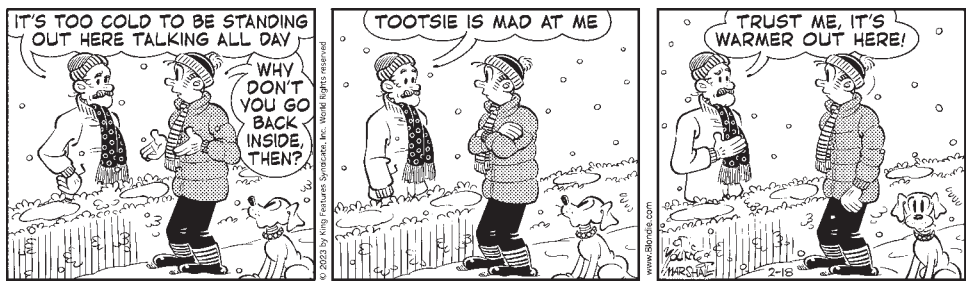
"This is not a run of the mill rotation," he said when meeting with U.S. commanders there. "This is one of those moments in time where if you want to make a difference, this is it."

The training, which is being done by the 7th Army Training Command, includes classroom instruction, field work and larger combat exercises.



BLONDIE

BY DEAN YOUNG AND JOHN MARSHALL



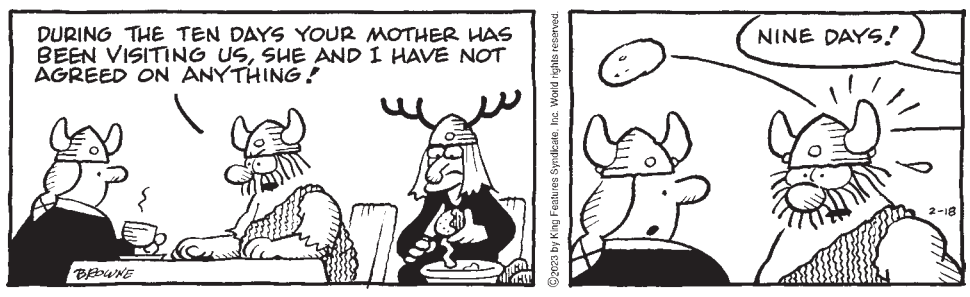
BEETLE BAILEY

BY GREG WALKER, BRIAN WALKER AND NEAL WALKER



HAGAR THE HORRIBLE

BY CHRIS BROWNE



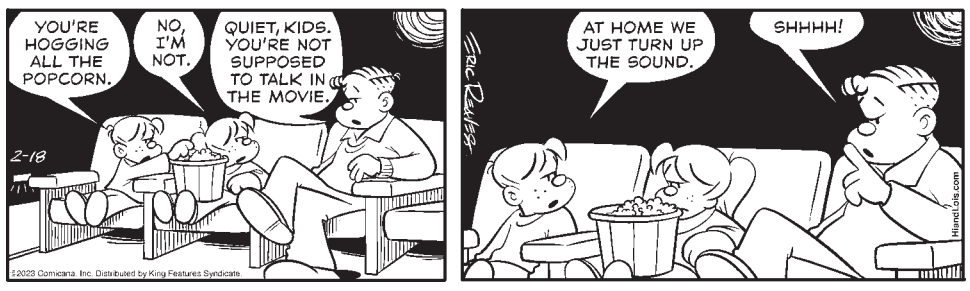
ZITS

BY JERRY SCOTT AND JIM BORGMAN



HI AND LOIS

WRITTEN BY BRIAN & GREG WALKER; DRAWN BY CHANCE BROWNE



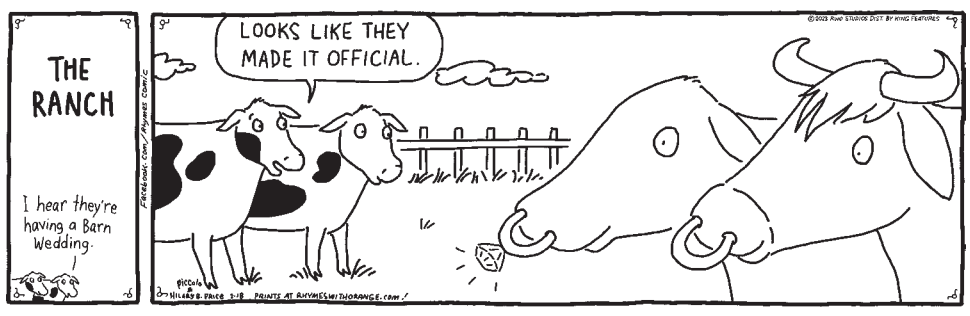
PARDON MY PLANET

BY VIC LEE



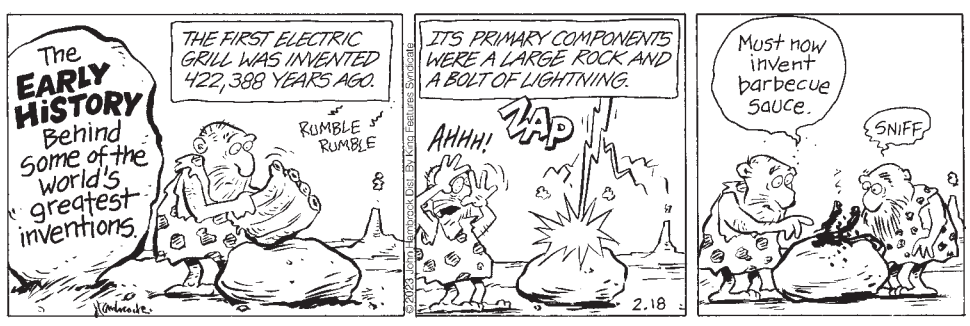
RHYMES WITH ORANGE

BY HILARY PRICE



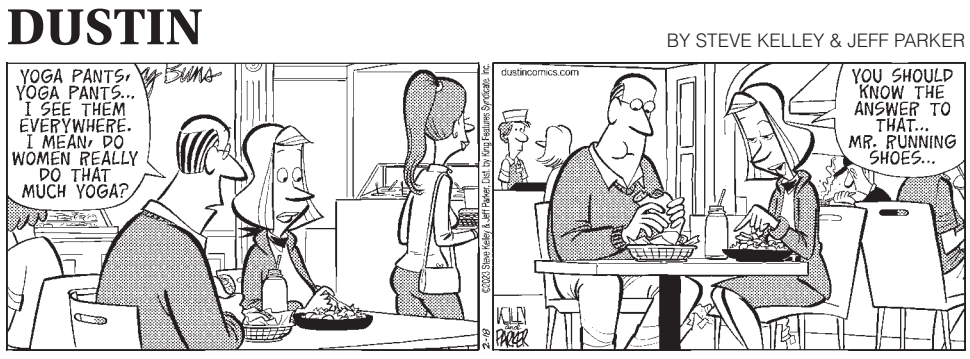
THE BRILLIANT MIND OF EDISON LEE

BY JOHN HAMBROCK



DUSTIN

BY STEVE KELLEY & JEFF PARKER



DENNIS THE MENACE

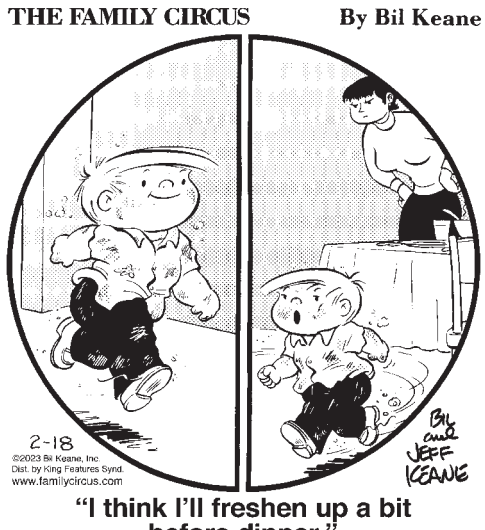
BY HANK KETCHAM



"EVEN WITH THE SCARF...FOR SOME REASON, HE STILL LOOKS COLD TO ME."

THE FAMILY CIRCUS

By Bil Keane



"I think I'll freshen up a bit before dinner."

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Barn area
5 Obsessed captain
9 Major mistake
10 Vein settings
12 Elroy's dog
13 Sun Valley setting
14 Tendency
16 Reunion group
17 Pert talk
18 What a jeté involves
20 Increase
22 Cuts off
23 Showy flower
25 Prepares for battle
28 Wild
32 Car option
34 Through
35 — es Salaam
36 In front
38 Car of the '50s
40 Road incline
41 Treatment center
42 Diner patron
43 Steak choice
44 Fabric worker

DOWN

1 Go ballistic
2 Like some books
3 Plant with fronds
4 Cressida's love
5 Juanita's friend
6 Stashed
7 Luke's father
8 Trailing
9 Pool need
11 Album tracks
15 Triton orbits it
19 Sassy
21 Fail to fail
24 Set to wed
25 Birch's cousin
26 Book buyer
27 Mason of movies
29 Take to the sky
30 Caretaker
31 Raring to go
33 "You don't say!"
37 Simple cart
39 Stirrup setting

L	O	P	S	■	■	L	A	C	E	■
E	T	H	O	S	■	E	L	A	N	D
A	T	O	N	E	■	V	E	R	D	I
S	A	T	■	D	R	A	S	T	I	C
T	W	O	D	O	O	R	■	O	N	E
■	A	G	O	N	Y	■	E	G	G	S
■	■	R	N	A	■	C	U	R	■	■
S	L	A	T	■	A	U	R	A	S	■
H	I	P	■	A	P	R	O	P	O	S
I	N	H	A	L	E	S	■	H	U	T
P	E	E	V	E	■	O	B	E	S	E
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■	P	S	S	T	■	■	A	S	S	N

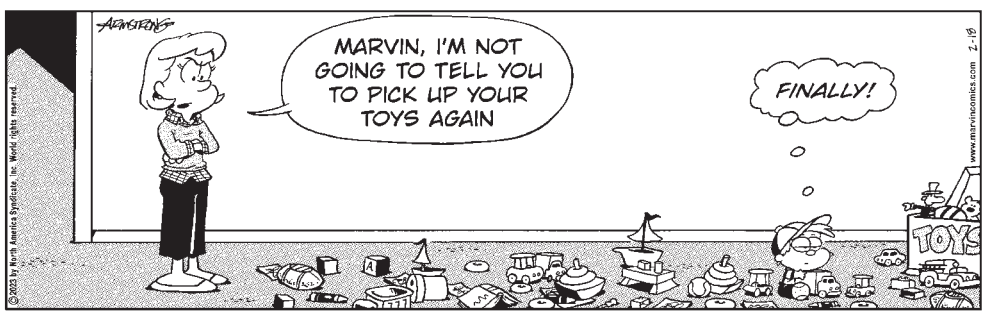
Yesterday's answer

■	1	2	3	4	■	5	6	7	8	■
9					■	10				11
12					■	13				
14					15		■	16		
17			■	18			19			
20			21			■	22			
■	■	■	23			24		■	■	■
25	26	27		■	28			29	30	31
32				33			■	34		
35			■	36			37			
38			39		■	40				
41					■	42				
■	43				■	44				■

2-18

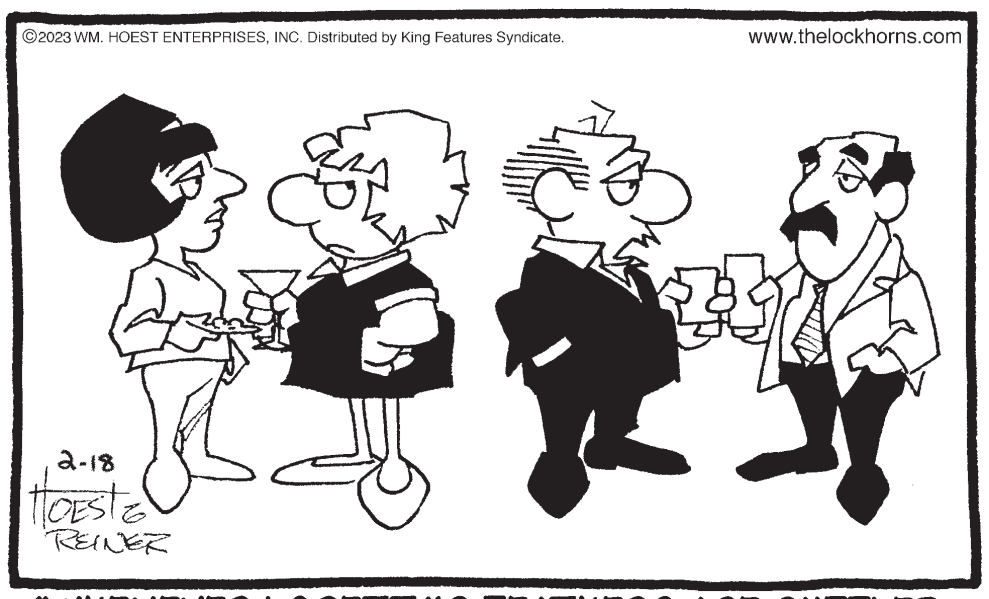
MARVIN

BY TOM ARMSTRONG



THE LOCKHORNS

BY BUNNY HOEST & JOHN REINER



"WHENEVER LORETTA'S FEATHERS ARE RUFFLED, I GET HENPECKED."

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

			4		2			3
				7			6	
2						9	7	1
4	6			3				
	8				9		2	
	7		6			8		
8		5				2		
		9						
			3	5				7

Difficulty: ★★★★ 2-18

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Answer to previous puzzle

9	2	5	6	8	3	1	7	4
4	1	7	2	5	9	6	8	3
3	6	8	1	7	4	2	5	9
7	4	1	9	2	5	3	6	8
5	9	2	3	6	8	4	1	7
8	3	6	4	1	7	9	2	5
2	5	9	8	3	6	7	4	1
1	7	4	5	9	2	8	3	6
6	8	3	7	4	1	5	9	2

Difficulty: ★★★★ 2-17

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Basketball postseason set to begin

By Bryan Everson
bryane@sedaliademocrat.com

Next week marks the start of the march to a district championship, and for some area basketball teams, the road to Springfield.

Kaysinger Conference programs will seek to replicate or exceed the level of last year's success when multiple programs were just a step away from the Final Four.

Lincoln, voted No. 2 in the latest MBCA Boys Class 2 Poll, hosts District 8, though the hosts will take the floor two days later than the other six teams in the bracket after earning the bye. A 4-5 game between Concordia and Green Ridge begins the quarterfinals Monday at 4:30 p.m. That game is followed by No. 2 Tipton taking on Sweet Springs, and the night in Benton County closes with 3-seed Sacred Heart facing sixth-seeded Smithton. The Cards will play the winner of Concordia-Green Ridge in one of Wednesday's semifinals before the district final Friday night.

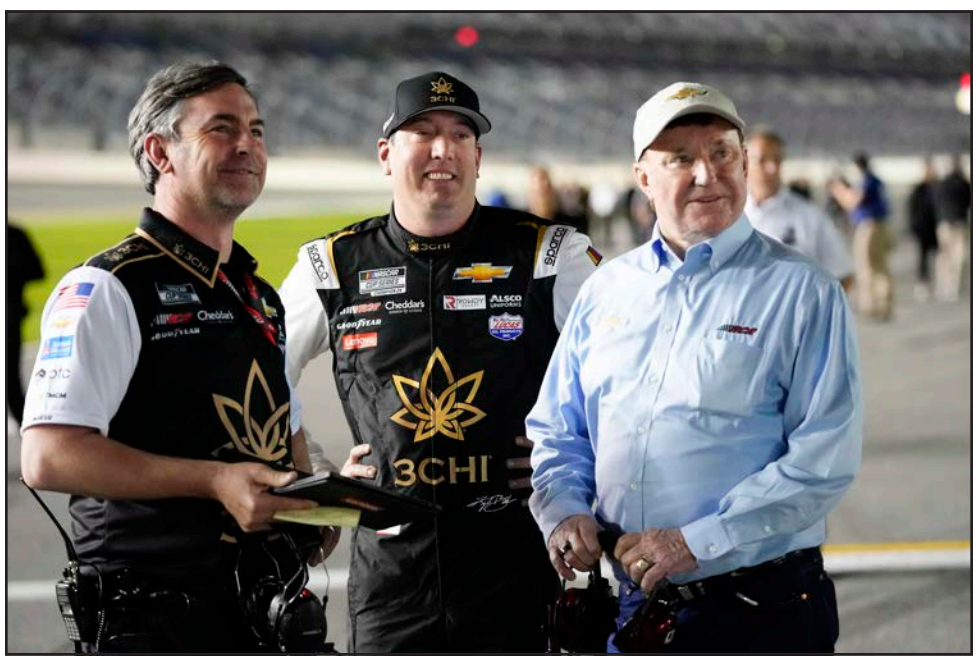
In another Kaysinger-heavy district hosted by Stover, No. 4 Windsor meets Skyline in Class 3 District 8 on Monday at 5:30 p.m., with the winner facing top-seeded Cole Camp in the semis. Russellville and Warsaw play in another quarterfinal for the right to meet the 2-seed Bulldogs on Wednesday.

At Pilot Grove, the hosts will face Kingsville on the top half of the bracket in one quarterfinal that will see the winner play No. 1 Leeton in Wednesday's semifinals. In the other half, Northwest, a 2-seed, faces seventh-seeded Chilhowee Monday at 6:15 p.m. The winner of that game will play a semifinal against either No. 3 Otterville or No. 6 La Monte, another Monday quarterfinal.

See SEASON | A15



Stover's Bryton Edinger attempts a pull-up jumper over multiple Tipton players in a district semifinal hosted by Cole Camp in 2022. The Bulldogs will host the Class 3 District 8 Tournament this season. FILE PHOTO BY BRYAN EVERSON | DEMOCRAT



Kyle Busch, center, stands on pit road with his crew chief Randall Burnett, left, and car owner Richard Childress during qualifying for the NASCAR Daytona 500 auto race at Daytona International Speedway, Wednesday, Feb. 15, 2023, in Daytona Beach, Fla. PHOTO BY JOHN RAOUX | AP PHOTO

Daytona 500 proves elusive for many, even some series champs

By Mark Long
Associated Press

DAYTONA BEACH, Fla. — Kyle Busch peered at a handful of Powerball tickets left behind as part of a giveaway and was told he could have them.

"Better chances of winning that than the Daytona 500," Busch cracked.

It's easy to understand why Busch would feel that way. The two-time Cup Series champion is winless in 17 starts in NASCAR's most prestigious race, a skid that's more of a head-scratcher than a heartbreaker considering Busch has won at just about every track on the circuit.

He's even partied in victory lane at Daytona International Speedway, only in the summer race. But the ultimate prize on NASCAR's ultimate stage has eluded him, maybe even gnawed at him, throughout his professional career.

"It's just not happened yet for me," said Busch, who wrecked while leading a qualifying race Thursday night. "Some guys, this is the only race they ever win. Other guys, they win it two or three times. It's the Super Bowl of our sport, and it's hard to accomplish this one."

See CHAMPS | A15

Tiger Woods goes viral for all the wrong reasons at Riviera

By Doug Ferguson
AP Golf Writer

LOS ANGELES — Tiger Woods had some explaining to do Friday, about a putter so cold it left him on the verge of missing the cut, and about a chauvinist prank he played on Justin Thomas in the Genesis Invitational.

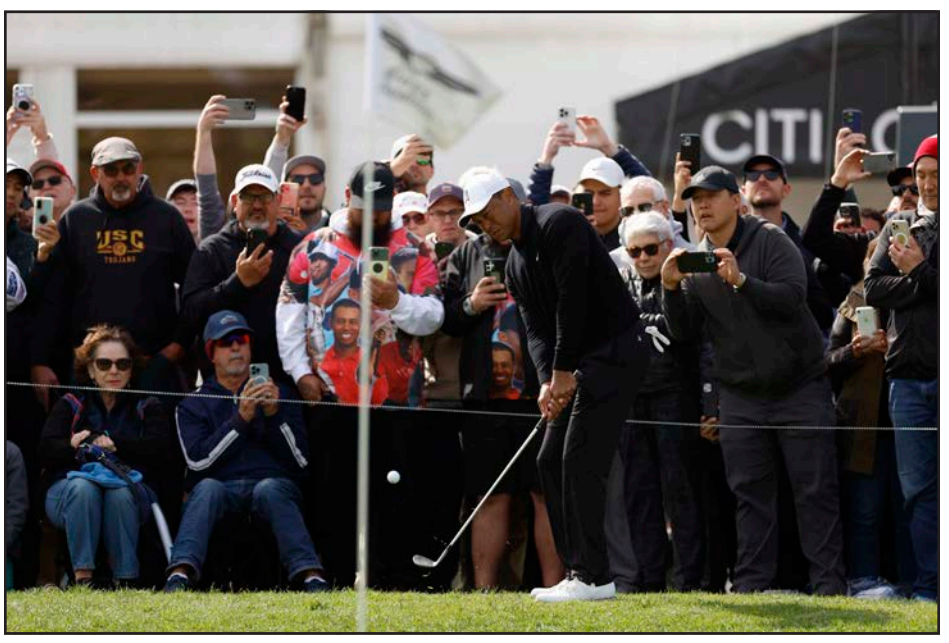
In his return to elite competition for the first time in seven months, Woods caused quite a buzz in the opening round for all the wrong reasons.

It started when he ripped a 323-yard drive, some 10 yards longer than the 29-year-old Thomas. Walking off the tee, Woods discreetly put something in Thomas' hand, which Thomas tossed to the ground when he realized what it was — a tampon, to remind Thomas that Woods hit it farther. Woods laughed and put his arm around Thomas.

Social media came to life when the moment was posted. On Friday, one fan shouted, "Tampon!" at Woods after he made a rare putt.

Woods apologized after his bogey-bogey finish for a 74 in the second round, which left him over the projected cut line.

See TIGER | A15



Tiger Woods chips to the third green during the second round of the Genesis Invitational golf tournament at Riviera Country Club, Friday, Feb. 17, 2023, in the Pacific Palisades area of Los Angeles. PHOTO BY RYAN KANG | AP PHOTO

Padres' Machado says he plans to opt out after this season



San Diego Padres' Manny Machado follows through on an RBI-double during the third inning in Game 2 of a baseball NL Division Series against the Los Angeles Dodgers, Oct. 12, 2022, in Los Angeles. Machado and San Diego conclude their season series against Mookie Betts and Los Angeles with the finale of a three-game set Wednesday, Sept. 13, 2023. The Dodgers won the NL West title in 2022 for the ninth time in 10 years, but they were eliminated by the second-place Padres in their NL Division Series.

FILE PHOTO BY ASHLEY LANDIS, FILE | AP PHOTO

By Steve Megaree
Associated Press

Manny Machado says he plans to exercise the opt-out clause in his contract with the San Diego Padres after this season.

Machado signed a 10-year, $300 million deal with the Padres in February 2019, a deal that gives him the right to terminate the agreement after this season and become a free agent. The third baseman, who turns 31 in July, would forfeit $150 million from his current deal, which calls for a $30 million annual salary through 2028.

"Obviously the team knows where I stand, my situation with the opt-out coming," Machado told reporters Friday at the Padres' spring-training camp in Peoria, Arizona. "I think I've expressed that I will be opting out after this year, but I think my focus is not about 2024. I think my focus is about 2023, what I can do to this ballclub, what I've done for this organization and what we're going to continue to do here. I think we've got something special here growing and I don't think anything's going to change."

See PADRES | A14

SPORTS CALENDAR

Saturday

ON TAP

COLLEGE BASEBALL

9 a.m. State Fair Community College at Dallas College North Lake

COLLEGE BASEBALL

3 p.m. State Fair Community College vs Cisco College (at Irving, TX)

COLLEGE MEN'S BASKETBALL

7 p.m. State Fair Community College at Moberly Area Community College

COLLEGE WOMEN'S BASKETBALL

5 p.m. State Fair Community College at Moberly Area Community College

ON AIR

AUTO RACING

9:30 a.m. FS2 — NASCAR Cup Series: Final Practice, Daytona International Speedway, Daytona Beach, Fla.

10 a.m. FS1 — NASCAR Cup Series: Final Practice, Daytona International Speedway, Daytona Beach, Fla.

10:30 a.m. FS1 — NASCAR Xfinity Series: Qualifying, Daytona International Speedway, Daytona Beach, Fla.

12:30 p.m. FS1 — NASCAR ARCA Menards Series: The Daytona 200, Daytona International Speedway, Daytona Beach, Fla.

4 p.m. FS1 — NASCAR Xfinity Series: The Beef. It's What's For Dinner. 300, Daytona International Speedway, Daytona Beach, Fla.

COLLEGE BASEBALL

1 p.m. ACCN — James Madison at Florida St.

COLLEGE BASKETBALL (MEN)

11 a.m. BTN — Rutgers at Wisconsin

CBSSN — UNC-Greensboro at Chattanooga

ESPN — Illinois at Indiana

ESPN2 — Notre Dame at Virginia

ESPNU — Texas Tech at West Virginia

FOX — Seton Hall at UConn

11:30 a.m. USA — Saint Joseph's at Davidson

Noon CBS — Tennessee at Kentucky

SECN — South Carolina at LSU

1 p.m. CBSSN — Merrimack at Sacred Heart

ESPN — Iowa St. at Kansas St.

ESPN2 — Florida at Arkansas

ESPNU — UMass at Rhode Island

1:30 p.m. USA — Fordham at VCU

2:30 p.m. SECN — Mississippi St. at Mississippi

3 p.m. CBSSN — DePaul at Xavier

ESPN — Baylor at Kansas

ESPN2 — NBA-HBCU Classic: Southern U. vs. Grambling St., Salt Lake City

NBATV — NBA-HBCU Classic: Southern U. vs. Grambling St., Salt Lake City

TNT — NBA-HBCU Classic: Southern U. vs. Grambling St., Salt Lake City

3:30 p.m. FOX — Villanova at Providence

4 p.m. ACCN — Pittsburgh at Virginia Tech

5 p.m. CBSSN — Lafayette at Army

ESPN — Duke at Syracuse

ESPN2 — Texas A&M at Missouri

PAC-12N — Utah at Arizona St.

SECN — Georgia at Alabama

6 p.m. ACCN — Clemson at Louisville

6:30 p.m. FS1 — Creighton at St. John's

7 p.m. CBSSN — Nevada at Utah St.

ESPN2 — Colorado at Arizona

ESPNU — Tulane at South Florida

FOX — Michigan St. at Michigan

PAC-12N — Oregon St. at Washington

7:30 p.m. SECN — Auburn at Vanderbilt

8 p.m. BTN — Penn St. at Minnesota

9 p.m. ESPN2 — BYU at Saint Mary's (Cal)

ESPNU — Stanford at Southern Cal

9:30 p.m. PAC-12N — California at UCLA

COLLEGE BASKETBALL (WOMEN)

1 p.m. BTN — Iowa at Nebraska

1:30 p.m. FOX — UConn at Villanova

COLLEGE GYMNASTICS (WOMEN)

2:30 p.m. PAC-12N — Arizona at Oregon St.

COLLEGE HOCKEY (MEN)

3 p.m. BTN — Michigan vs. Ohio St., Cleveland

5:30 p.m. BTN — Minnesota at Penn St.

COLLEGE LACROSSE (WOMEN)

11 a.m. ACCN — Florida at North Carolina

COLLEGE SOFTBALL

9 a.m. ESPNU — TaxAct Clearwater Invitational: UCLA vs. Florida St., Clearwater, Fla.

9:30 a.m. SECN — TaxAct Clearwater Invitational: South Florida vs. Texas A&M, Clearwater, Fla.

3 p.m. ESPNU — TaxAct Clearwater Invitational: Virginia Tech vs. UCLA, Clearwater, Fla.

5 p.m. ESPNU — TaxAct Clearwater Invitational: Alabama vs. Indiana, Clearwater, Fla.

FISHING

7 a.m. FS1 — Bassmaster Elite Series: The 2023 SiteOne Bassmaster Elite at Lake Okeechobee, Okeechobee, Fla.

GOLF

4 a.m. GOLF — Asian Tour: The International Series, Third Round, Doha Golf Club, Doha, Qatar

Noon GOLF — PGA Tour: The Genesis Invitational, Third Round, Riviera Golf Course, Los Angeles

2 p.m. CBS — PGA Tour: The Genesis Invitational, Third Round, Riviera Golf Course, Los Angeles

GOLF — PGA Tour Champions: The Chubb Classic, Second Round, Tiburón Golf Club — Black Course, Naples, Fla.

11:30 p.m. GOLF — DP World Tour: The Thailand Classic, Final Round, Amata Spring CC, Chon Buri, Thailand

4 a.m. (Sunday) GOLF — Asian Tour: The International Series, Final Round, Doha Golf Club, Doha, Qatar

HORSE RACING

11:30 a.m. FS2 — NYRA: America's Day at the Races

NBA BASKETBALL

7 p.m. TNT — NBA All-Star Saturday Night: Skills Challenge, Three-Point, and Slam Dunk Contests, Salt Lake City

NHL HOCKEY

1 p.m. NHLN — Colorado at St. Louis

7 p.m. ABC — Stadium Series: Washington vs. Carolina, Raleigh, N.C.

RODEO

9 p.m. CBSSN — PBR: The Kubota Emerald Chute Out, Round 2, Eugene, Ore.

RUGBY (MEN)

3 a.m. FS2 — NRL: North Queensland at Brisbane, Preseason Trials

6 p.m. FS2 — MLR: Utah at San Diego

8:30 p.m. FS1 — MLR: New York at Seattle

SKIING

1:30 p.m. NBC — FIS: World Alpine Skiing Championships, Meribel, France (Taped)

SOCCER (MEN)

6:30 a.m. USA — Premier League: Arsenal at Aston Villa

9 a.m. USA — Premier League: Leeds United at Everton

11:30 a.m. NBC — Premier League: Liverpool at Newcastle United

8 p.m. FS2 — Liga MX: Necaxa at Monterrey (Taped)

TENNIS

8 a.m. TENNIS — Rotterdam-ATP Semifinals; Doha-WTA Final

12:30 p.m. TENNIS — Delray Beach-ATP, Rotterdam-ATP, Buenos Aires-ATP Semifinals

7 p.m. TENNIS — Delray Beach-ATP Semifinal

2 a.m. (Sunday)

TENNIS — Dubai-WTA Early Rounds

5 a.m. (Sunday) TENNIS — Dubai-WTA Early Rounds

TRACK AND FIELD

3 p.m. NBC — USATF: The Indoor Championships, Albuquerque, N.M.

XFL FOOTBALL

2 p.m. ABC — Vegas at Arlington

7:30 p.m. ESPN — Orlando at Houston

FX — Orlando at Houston

Sunday

ON TAP

COLLEGE BASEBALL

Noon State Fair Community College at Dallas College North Lake

ON AIR

AUTO RACING

1:30 p.m. FOX — NASCAR Cup Series: The Daytona 500, Daytona International Speedway, Daytona Beach, Fla.

Midnight

CNBC — Monster Energy AMA Supercross Championship: Round 2, Oakland, Calif.

COLLEGE BASKETBALL (MEN)

11 a.m. ESPNU — Cincinnati at UCF

Noon CBS — Ohio St. at Purdue

ESPN — North Carolina at NC State

1 p.m. ESPN2 — Bradley at S. Illinois

ESPNU — Tulsa at Temple

USA — George Washington at St. Bonaventure

2 p.m. ESPN — Memphis at Houston

FS1 — Georgetown at Butler

3 p.m. CBSSN — Belmont at Drake

4 p.m. FS1 — Maryland at Nebraska

5 p.m. ESPNU — East Tennessee St. at Furman

5:30 p.m. BTN — Iowa at Northwestern

6 p.m. FS1 — Oregon at Washington St.

8 p.m. FS1 — UNLV at Boise St.

COLLEGE BASKETBALL (WOMEN)

11 a.m. ACCN — Louisville at Boston College

BTN — Purdue at Indiana

ESPN2 — Auburn at Tennessee

SECN — Arkansas at Georgia

1 p.m. ACCN — Georgia Tech at Florida St.

PAC-12N — Colorado at Arizona

SECN — LSU at Florida

3 p.m. ACCN — Wake Forest at North Carolina

ESPN2 — NC State at Virginia Tech

ESPNU — West Virginia at Texas

PAC-12N — Oregon at Washington

SECN — South Carolina at Mississippi

COLLEGE GYMNASTICS (WOMEN)

5 p.m. SECN — Auburn at Missouri

COLLEGE SOFTBALL

8:30 a.m. SECN — TaxAct Clearwater Invitational: Nebraska vs. Arkansas, Clearwater, Fla.

9 a.m. ESPNU — TaxAct Clearwater Invitational: UCLA vs. Louisiana-Lafayette, Clearwater, Fla.

4 p.m. ESPN — TaxAct Clearwater Invitational: Florida St. vs. Alabama, Clearwater, Fla.

7 p.m. ESPN — TaxAct Clearwater Invitational: Mississippi St. vs. UCF, Clearwater, Fla.

COLLEGE WRESTLING

1:30 p.m. BTN — Arizona St. at Nebraska

3:30 p.m. BTN — Oklahoma St. at Iowa

CROSS COUNTRY

11 a.m. CNBC — World Athletics: Championships, Bathurst, Australia (Taped)

FISHING

7 a.m. FS1 — Bassmaster Elite Series: The 2023 SiteOne Bassmaster Elite at Lake Okeechobee, Okeechobee, Fla.

GOLF

4 a.m. GOLF — Asian Tour: The International Series, Final Round, Doha Golf Club, Doha, Qatar

Noon GOLF — PGA Tour: The Genesis Invitational, Final Round, Riviera Golf Course, Los Angeles

2 p.m. CBS — PGA Tour: The Genesis Invitational, Final Round, Riviera Golf Course, Los Angeles

GOLF — PGA Tour Champions: The Chubb Classic, Final Round, Tiburón Golf Club — Black Course, Naples, Fla.

HORSE RACING

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

NBA BASKETBALL

6:30 p.m. TBS — NBA All-Star Draft: From Salt Lake City

TNT — NBA All-Star Draft: From Salt Lake City

7:30 p.m. TBS — NBA All-Star Game: Team Giannis vs. Team LeBron, Salt Lake City

TNT — NBA All-Star Game: Team Giannis vs. Team LeBron, Salt Lake City

NHL HOCKEY

7:30 p.m. NHLN — Columbus at Arizona

RODEO

11 a.m. CBS — PBR: The Kubota Emerald Chute Out, Championship Round, Eugene, Ore. (Taped)

6:30 p.m. CBSSN — The American Rodeo: The American Contender, West Regional Final, Heber City, Utah (Taped)

SKIING

2 p.m. NBC — FIS: World Alpine Skiing Championships, Meribel, France (Taped)

SOCCER (MEN)

8 a.m. USA — Premier League: Leicester City at Manchester United

10:30 a.m. USA — Premier League: West Ham United at Tottenham Hotspur

3:50 p.m. FS2 — CONCACAF U-17 Championship: Honduras vs. Bermuda, Round of 16

6:50 p.m. FS2 — CONCACAF U-17 Championship: El Salvador vs. Trinidad & Tobago, Round of 16

SOCCER (WOMEN)

2:30 p.m. TNT — SheBelieves Cup Group Stage: U.S. vs. Japan, Nashville, Tenn.

TENNIS

2 a.m. TENNIS — Dubai-WTA Early Rounds

5 a.m. TENNIS — Dubai-WTA Early Rounds

8 a.m. TENNIS — Delray Beach-ATP, Rotterdam-ATP, Buenos Aires-ATP Finals; Dubai-WTA Early Rounds

2 a.m. (Monday) TENNIS — Dubai-WTA, Merida-WTA, Rio de Janeiro-ATP, Marseille-ATP, Doha-ATP Early Rounds

5 a.m. (Monday)

TENNIS — Dubai-WTA, Merida-WTA, Rio de Janeiro-ATP, Marseille-ATP, Doha-ATP Early Rounds

XFL FOOTBALL

2 p.m. ABC — St. Louis at San Antonio

7 p.m. ESPN — Seattle at DC




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HOROSCOPES

Moon Alert: After 12:45 a.m. EST today, there are no restrictions to shopping or important decisions. The Moon is in Aquarius.

Happy Birthday for Saturday, Feb. 18, 2023:
You live life fully charged. You're not afraid to take risks, physically or emotionally. You explore new ideas and ways of doing things. This year is the last year of a nine-year cycle, which means it's time to take stock. Let go of people and situations that are holding you back.

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)
★★★★ Someone will surprise you today, perhaps a friend or a member of a group. Get ready, because anything might happen. They might have an unusual suggestion for you. Or perhaps they will introduce you to someone who is different or unusual in some way. You won't mind, because you're adventurous. Tonight: Lively conversations!

TAURUS (April 20-May 20)
★★★ Something out of the blue might happen in your dealings with parents, bosses, teachers, VIPs or the police. Someone in authority might overreact to you or throw you a curveball. Tread carefully! Never underestimate the power of courtesy. Tonight: Rebellion?

GEMINI (May 21-June 20)
★★★★ Travel plans might be suddenly interrupted today. They could be delayed or canceled. Alternatively, you might suddenly have to travel when you didn't expect to do so. Likewise, surprising news in the media might catch you off guard. Tonight: Opinions!

CANCER (June 21-July 22)
★★★ Double-check everything related to banking, finances, inheritances, taxes and debt, as well as insurance agreements. Something unexpected could impact these areas today or tonight. If you're not on top of things, whatever happens might cost you money or create a setback. Be in the know. Tonight: Check your finances.

LEO (July 23-Aug. 22)
★★★ Expect a few surprises or something unusual in your relationships to friends, partners and spouses today. They might say or do something you least expect. Or possibly they will introduce you to someone who is different or unusual. Be prepared. Tonight: Listen.

VIRGO (Aug. 23-Sept. 22)
★★★ Your work routine will be interrupted today, perhaps later in the day. Technological problems or computer crashes are a possibility. Staff shortages, power outages and canceled meetings are also some things that might occur. Meanwhile, pet owners should be vigilant about their pets. Tonight: Work.

LIBRA (Sept. 23-Oct. 22)
★★★★ Parents should be aware of their children today — where they are and if they are safe — because this is an accident-prone day for your kids. It doesn't have to happen, but do be aware of the possibility. Meanwhile, social plans might surprise you. This could be a cancellation or an invitation. Tonight: Flirtations?

SCORPIO (Oct. 23-Nov. 21)
★★★ Something will interrupt or change your home routine today. For example, small appliances might break down or a minor breakage could occur. Very possibly, someone will knock on your door when you least expect it. Obviously, get dressed. It might be smart to stock the fridge. Tonight: Energetic!

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ Pay attention to everything you say and do today, because this is an accident-prone day for your sign. However, because you can think outside the box, you might have brilliant, clever ideas! Or not. You might meet someone new who is different, or a close contact might surprise you. Tonight: You're convincing.

CAPRICORN (Dec. 22-Jan. 19)
★★★ Keep an eye on your possessions and wealth. Something unexpected could impact your assets. For example, you might find money or you might lose money. Likewise, be smart and protect what you own against loss, theft and damage. If you are mindful and aware, you will have no regrets. Tonight: Power shopping.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ Don't be hasty to jump to conclusions today, which might be the case, because you feel independent and even rebellious. You're impatient with restraints, duties and responsibilities. (Not good.) Yes, you value your freedom, but don't throw the baby out with the bathwater. Tonight: Energy!

PISCES (Feb. 19-March 20)
★★★ This is a restless day for you. Nevertheless, you are very sensitive to other people's moods, which is why you will pick up impressions very easily. You might even be like a sponge and start to feel the way others feel. Today you might have a strong interest in psychic or spiritual subjects. Tonight: Privacy.

BORN TODAY
Actor John Travolta (1954), actress Greta Scacchi (1960), actor Matt Dillon (1964)



St. Louis Cardinals relief pitcher Genesis Cabrera throws in the seventh inning of a baseball game against the Colorado Rockies, Thursday, Aug. 11, 2022, in Denver. Outfielder Teoscar Hernández went to arbitration with the Seattle Mariners and will set a record win or lose, and St. Louis Cardinals pitcher Génesis Cabrera also appeared before a panel on the final day of hearings this year. FILE PHOTO BY DAVID ZALUBOWSKI | AP PHOTO

Pirates top Choi in arbitration; Hernández, M's have hearing

By The Associated Press

ST. PETERSBURG, Fla. — Pittsburgh beat first baseman Ji-Man Choi in salary arbitration on Friday while Seattle outfielder Teoscar Hernández and St. Louis pitcher Génesis Cabrera went to the last two hearings of the year.

Choi got a raise from $3.2 million to $4.65 million instead of his $5.4 million request in a decision by Jeanne Charles, Allen Ponak and Melinda Gordon, who heard the case a day earlier. The 31-year-old hit .233 with 11 homers and 52 RBIs for Tampa Bay and made $3.2 million, then was traded to the Pirates in November for a minor leaguer.

Teams hold an 8-5 lead with six decisions to be issued Saturday.

Hernández will set a record win or lose for highest salary awarded in arbitration, though there have been larger deals in negotiated agreements. He asked for a raise from $10.65 million to $16 million, and the Mariners argued for $14 million in a case heard by Mark Burstein, John Woods and Howard Edelman. The previous high for an arbitration award was $13.5 million by pitcher Gerrit Cole in his 2019 win over Houston and by pitcher Max Fried in his loss to Atlanta this year.

An All-Star in 2021, Hernández hit .267 with 25 home runs and 77 RBIs in 131 games last season for Toronto, then was traded to Seattle in November for right-hander reliever Erik Swanson and minor league lefty Adam Macko. Hernández, 30, is eligible for free agency after this year's World Series.

Cabrera asked for a raise from $719,200 to $1.15 million, and the Cardinals argued for $950,000 during a hearing before Jules Bloch, Scott Buchheit and Fredric Horowitz. The 26-year-old left-hander was eligible for arbitration for the first time after going 4-2 with a 4.63 ERA in 39 relief appearances.

Los Angeles Angels outfielder Hunter Renfroe ($11.9 million vs. $11.25 million) and infielder Gio Urshela ($10 million vs. $8.4 million) will learn the decisions of their cases on Saturday along with Tampa Bay relievers Ryan Thompson ($1.2 million vs. $1 million) and Colin Poche ($1.3 million vs. $1,175,000).

The 19 hearings this year were up from 13 last year and the most since 22 in 2018.

Arizona pitcher Josh Rojas lost his case on Thursday and will get $2,575,000 rather than $2.9 million. Diamondbacks general manager Mike Hazen attended the hearing.

"Even the fact he was there, that's a rarity," Rojas said Friday. "GMs and front office people try to stay away from that situation, just because it's tough to bash a player when you're paying them to perform on the field. So it meant a lot for him to show up."

"There's definitely some playing with the numbers, some things they throw out there you disagree with, but that's what they're in there to do. They're there to show the judges that you are worth less than the middle number. Our job on our side is to show we're worth more than the number. When you sign up for the process, you know what you're signing up for."

Column: Take that, all you imaginary haters!

By Paul Newberry
AP Sports Columnist



Travis Kelce, right, and his mother Donna Kelce, left, take part in the Kansas City Chiefs' victory celebration and parade in Kansas City, Mo., Wednesday, Feb. 15, 2023, following the Chiefs' win over the Philadelphia Eagles Sunday in the NFL Super Bowl 57 football game. PHOTO BY COLIN E. BRALEY | AP PHOTO

Forget the U.S. hockey team knocking off the mighty Soviets at the 1980 Winter Olympics.

That shocking upset doesn't come close to the Kansas City Chiefs winning the Super Bowl against all imaginary odds.

Or the Georgia Bulldogs somehow capturing a second straight national championship that no one except everyone saw coming.

Just listen to Chiefs tight end Travis Kelce, elegantly addressing the supposedly staggering mountain his team climbed to claim its second Super Bowl title in four years.

"Not one of y'all said the Chiefs were gonna take it home this year," Kelce barked after the Chiefs knocked off the Eagles in what we can only presume was a Joe Namath-level upset. "Not a single one! Feel that (expletive)! Feel it! And on top of that, the next time the Chiefs say something, put some respect on our name!"

We'll just conveniently ignore that the Chiefs had the third-best odds of reaching the Super Bowl at the beginning of the season. Or that they went on to earn home-field advantage throughout the AFC playoffs with a glittering 14-3 record.

Kelce was following the example set by the Bulldogs, who will go down as one of the most unexpected champions in college football history — at least in the eyes of coach Kirby Smart and quarterback Stetson Bennett.

"They didn't listen to what everybody said about them," Smart said after Georgia squeaked out a 65-7 victory over TCU last month in the national title game. "Everybody doubted them to start the year. And that chip on their shoulder was just big enough to create an edge for our team."

Bennett, too, was clearly peeved that no one believed in a team that was the defending national champion, moved to No. 1 in The Associated Press ranking two weeks into the season, and stayed there the rest of the year while posting a 15-0 record.

"Man, y'all burned us," Bennett said at Georgia's championship celebration. "Y'all kept telling us how bad we were, and y'all couldn't understand it. And we kept winning, and we kept embarrassing people.

"Screw it, we got two rings."

In keeping with the lack-of-respect theme, we'd like to remember a few other unlikely champions who bravely overcame their make-believe haters.

— The 1927 New York Yankees. After losing 44 games during the regular season (to go along with 110 victories) and capturing a fluky American League title by a mere 19 games, the team known as "Murderer's Row" entered the World Series against the Pittsburgh Pirates as huge underdogs. Somehow, the Yankees managed to pull off a four-game sweep that left everyone feeling downright foolish for calling the Pirates a shoe-in. "No one thought we could do it!" Babe Ruth shouted in the post-Series celebration, while gobbling down a dozen hot dogs. He reminded the silly members of the press that he hit 60 homers during the regular season, which was more than every other TEAM in the league "The next time you talk about the Yankees, put some respect on our name!" Ruth barked before unleashing an enormous burp.

See HATERS | A15

AP source: QB Derek Carr meeting with Jets this weekend

By Dennis Waszak Jr.
AP Pro Football Writer

Free agent quarterback Derek Carr is meeting with the New York Jets this weekend, according to a person familiar with the situation.

The 31-year-old Carr, who spent his first nine NFL seasons with the Raiders, was released by Las Vegas on Tuesday after he declined to waive the no-trade clause in his contract. Las Vegas needed to trade or release him by Wednesday or $40.4 million of his contract over the next two years would have become fully guaranteed.

The Jets are looking for a veteran quarterback to lead their offense after Zach Wilson struggled mightily after being the No. 2 overall pick in the 2021 draft. Carr is a potential replacement and New York is bringing him in for a visit, the person told The Associated Press on Friday on condition of anonymity because the team didn't announce its plans.

NFL Network first reported Carr will visit with the Jets, who are the second team that the quarterback has met with; he also visited New Orleans shortly before his release.

New York is also expected to be interested in Green Bay's Aaron Rodgers if he is made available. The four-time NFL MVP told "The Pat McAfee Show" earlier this week he was going to spend four days in isolation on a personal retreat and determine whether he wants to continue his playing career.

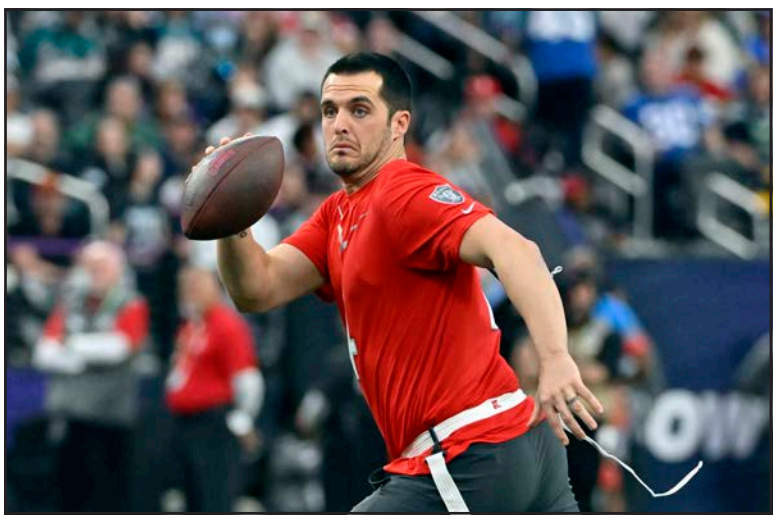
Carr, the Raiders' second-round pick in 2014, threw 24 touchdown passes with 14 interceptions this season. After struggling late in the season, Carr was benched with two games remaining and acknowledged he was angry about the decision.

He said in a social media post "it breaks my heart" to stay away from the team as the season ended.

"I once said that if I'm not a Raider, I would rather be at home and I meant that, but I never envisioned it ending this way," Carr wrote.

Carr confirmed he wasn't retiring from playing and "that fire burning inside me to win a championship still rages."

The Jets are looking for a quarterback who can team with new offensive coordinator Nathaniel Hackett to jumpstart an offense that was among the NFL's worst during the last two years under Mike LaFleur.



AFC quarterback Derek Carr (4) looks to pass during the flag football event at the NFL Pro Bowl, Sunday, Feb. 5, 2023, in Las Vegas.
FILE PHOTO BY DAVID BECKER | AP PHOTO

If he signs with New York, Carr would also be reunited with Todd Downing, the former Tennessee Titans offensive coordinator who was recently hired by the Jets as their passing game coordinator. Downing was the Raiders' quarterbacks coach from 2015-16 before serving as offensive coordinator in 2017.

Padres

From Page A11

Machado's contract was a record for a free agent when he agreed to it and the second-largest in the major leagues behind Giancarlo Stanton's $325 million. But he is now tied for the 11th-highest after an offseason topped by AL MVP Aaron Judge's $360 million, nine-year contract to stay with the New York Yankees. The Los Angeles Angels' Mike Trout leads the major leagues at $426.5 million.

"Markets change," Machado said. "From when I signed five years ago. It's changed tremendously. Things change and evolve. As a player who's about to opt out, it's pretty good to see."

A six-time All-Star, Machado is coming off a season in which he finished second in the NL MVP voting. He batted .298 with 32 homers, 102 RBIs, a .366 on-base percentage and a .531 slugging percentage.

His presence helped the Padres go 89-73 and reach the NL Championship Series before falling to Philadelphia.

Machado declined to comment on negotiations for a reworked deal.

"I'm just here to play baseball and continue to do what I've got to do," Machado said. "I let my agent, front office and (general manager) A.J. (Preller) and (owner) Peter (Seidler) handle that."

Padres manager Bob Melvin said that "I don't want to know" what it would be like to have Machado playing elsewhere.

"That provision's in his contract," Melvin said. "It's in his right to opt out, but we've also shown a willingness to keep the important guys here."

KERSHAW TO MISS WBC

Los Angeles Dodgers left-hander Clayton Kershaw says he won't be pitching for the U.S. at the World Baseball Classic and called the situation "super disappointing."

"Probably my last chance to get to do it, so I really wanted to do it, but it just didn't work out for a number of reasons," Kershaw told reporters Friday at the Dodgers' camp in Glendale, Arizona. "Disappointing, but that's OK. I'll be ready for the season. I'll be ready to go."

The three-time Cy Young Award winner didn't specify what is preventing him from participating. Kershaw, who turns 35 on March 19, added that Dodgers president of baseball operations Andrew Friedman has been helpful throughout the process.

Kershaw signed a $20 million, one-year contract to remain with the Dodgers this season. He went 12-3 with 2.28 ERA in 22 starts and had two stints on the injured list last season.

NO BITTERNESS FOR ROJAS AFTER ARBITRATION

Arizona Diamondbacks utilityman Josh Rojas said he had no hard feelings toward team management after attending and losing an arbitration hearing this week. Rojas will get $2,575,000 instead of his $2.9 million asking price.

Diamondbacks general manager Mike Hazen said he and Rojas spoke Friday to clear the air.

"There's definitely some playing with the numbers, some things they throw out there you disagree with, but that's what they're in there to do," Rojas said. "They're there to show the judges that you are worth less than the middle number. Our job on our side is to show we're worth more than the number. When you sign up for the process, you know what you're signing up for."

Rojas made his comments one day after 2021 NL Cy Young Award winner Corbin Burnes said "there's no denying that the relationship is definitely hurt" from his own arbitration hearing with the Milwaukee Brewers. Burnes lost his arbitration case and will make $10.01 million rather than the $10.75 million he was seeking.

HAMSTRING TIGHTNESS FOR SOROKA

Atlanta right-hander Michael Soroka's comeback from two Achilles surgeries is being slowed by tightness in his left hamstring. Manager Brian Snitker told reporters on Friday Soroka is being held back from throwing as a precaution after reporting to camp with the hamstring issue.

Soroka was an All-Star as a rookie in 2019 and was Atlanta's opening day starter in 2020. He hasn't pitched in the majors since suffering his first torn right Achilles three starts into the pandemic-delayed 2020 season. He suffered another tear in 2021 and had a 5.40 ERA in six minor league starts last season.

CORTES THROWS BULLPEN SESSION

New York Yankees left-hander Nestor Cortes had a 24-pitch bullpen session after 10 days of not throwing due to a strained right hamstring. Cortes remains optimistic about being ready for opening day on March 30.

"It went better than I expected, actually," Cortes said. "No issue as far as throwing and landing. As of right now there is no pain."

Cortes went 12-4 with a 2.44 ERA in 28 starts during an All-Star season last year.

"Nestor was really sharp," Yankees manager Aaron Boone said. "I was really encouraged."

Yankees reliever Michael King threw 25 pitches over two innings of a simulated game. He didn't pitch after July 22 because of a fractured right elbow that required surgery.

EARLY START FOR LYNN

Chicago White Sox pitcher Lance Lynn had a pretty good idea at the end of last season that he was going to play for the U,S. in the World Baseball Classic.

So he prepared accordingly.

"Throwing-wise, it was normal," Lynn said Friday after a bullpen session in White Sox camp. "If you don't make the playoffs, you get that time off during the playoffs to rest. So November 1 was when I started throwing. ... Jumped on the mound a little earlier than I normally would have, but that's about it really."

The 35-year-old missed last season's start after he had right knee surgery, one of a series of injuries for the White Sox that contributed to a disappointing 81-81 finish.

Chicago hired Pedro Grifol for its manager job in November, and Lynn said he sees it as part of his responsibility to help the skipper with his new role.

"We have some guys in here that have been around and done some things," Lynn said, "and he's able to reiterate what he wants and how we want to go about our business. That's our job as players to go out there and work as hard as we can, and that's what we're doing."

ORIOLES' HALL FEELING BETTER

Orioles left-hander DL Hall has dealt with some back issues but says he's ready to compete for a rotation spot.

"It was just some minor discomfort in my low back. Nothing too crazy," the 24-year-old said. "Obviously I'm already on the way back up. I've already started back throwing and everything. So I just shut down for a couple weeks. I'm good to go now."

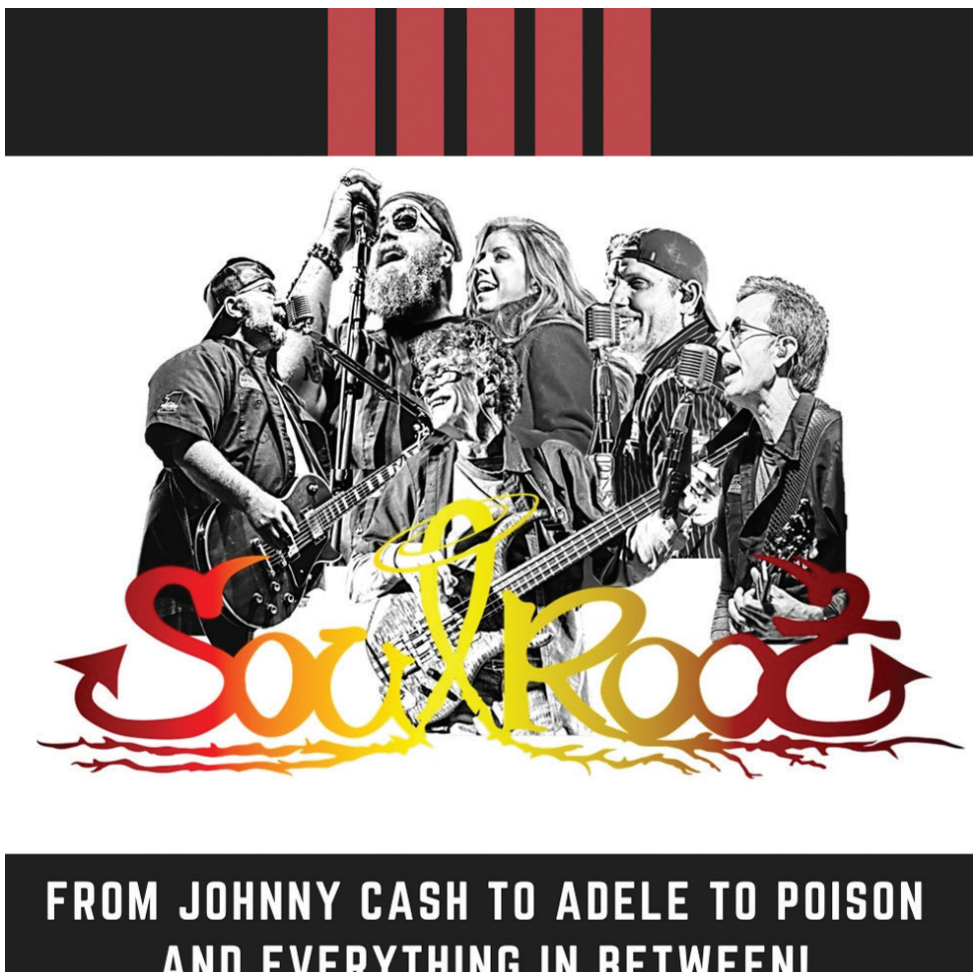
Hall made his big league debut last year, starting one game and making 10 relief appearances. He was 1-1 with a 5.93 ERA.

Baltimore has quite a few choices for its starting spots. The Orioles acquired Kyle Gibson and Cole Irvin in the offseason. Prospect Grayson Rodriguez figures to arrive before too long.

Hall didn't express a preference between starting in the minors or making the Orioles as a reliever, if it comes to that. He left no doubt about where he sees his long-term future.

"I'm going to be a starter," he said.

AP Baseball Writers Jay Cohen and Noah Trister, AP Sports Writers David Brandt and Charles Odum and AP freelance writer Mark Didtler contributed to this report.



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Haters

From Page A13

— Red Auerbach's Boston Celtics. This rag-tag bunch managed to silence the naysayers with 11 NBA championships in 13 years. Auerbach did a masterful job of motivating a perennially overmatched team that occasionally had to send out a lineup featuring one or two players who WEREN'T future Hall of Famers. The coach would deliver the ultimate burn after every unexpected victory by firing up his underdog cigar. "Everybody doubted us to start the year," star player Bill Russell said over and over again through the 1960s, usually while being doused with champagne. "That chip on our shoulder was just big enough to create an edge for our team."

— Mike Tyson. After failing to knock out two of his first 27 opponents, the light-punching Tyson was gifted a shot at the heavyweight title against fearsome Trevor Berbick. The bookies made Berbick a massive favorite, while the media pointed out how flawed the sport of boxing was for giving a clearly inferior challenger a shot at its most prestigious title. In an effort to entertain the crowd, Berbick intentionally ran into Tyson's fists for roughly 5 1/2 minutes, but the strategy backfired when his legs stopped working. Having barely broken a sweat, Tyson couldn't resist a poke at his skeptics. "Not one of y'all said I was gonna take home the heavyweight title. Not a single one!"

— The 1960s Green Bay Packers. Coach Vince Lombardi was famously misquoted as saying, "Winning isn't everything, it's the only thing." What he actually said was, "Screw it, we got two rings." Lombardi dropped that gem on all the doubters after the Packers won the first two Super Bowls in dominating fashion, despite a shaky resume that included only five NFL titles over a seven-year period. Getting the last laugh, Lombardi delivered another quip that would ring down through the ages, "Y'all kept telling us how bad we were. And we kept winning, and kept embarrassing people."

— John Wooden's UCLA Bruins. The coach was known for his "Pyramid of Success," which was built on traits such as loyalty, skill and confidence. But Wooden left out his greatest building block: motivating a team that was clearly lacking in talent to win 10 national titles in 12 years. Turning Kareem Abdul-Jabbar and Bill Walton into serviceable college players, Wooden was able to build a culture that "didn't listen to what everybody was saying about them" — especially when the pessimism reached a fever pitch those two years they didn't win it all.

— The 1955-60 Montreal Canadiens. After winning their fifth straight Stanley Cup title, the Habs couldn't resist a poke at all those who ridiculed a roster with only eight future Hall of Famers. "Aucun de vous n'a dit que les Canadiens allaient le ramener à la maison cette année," Rocket Richard snorted before announcing his retirement. "La prochaine fois que les Canadiens diront quelque chose, mettez un peu de respect sur notre nom!"

Next up for Kelce: hosting duties on the March 4 episode of "Saturday Night Live."

We presume he'll prep for the gig by looking for someone, anyone, who doubts he's up to the task.

And if he can't find anyone, he'll just make 'em up.

Champs

From Page A11

Now driving for Richard Childress Racing in the No. 8 Chevrolet, Busch will try to change his Daytona 500 fortunes in the 65th running of "The Great American Race" on Sunday. And he has plenty of company in the 0-for-500 club, with four other drivers also having double-digit droughts in NASCAR's season opener.

Kyle Larson, the 2021 series champ, could join the club soon. He's current 0 for 9 in the 500.

"It's just a difficult style of racing that I just haven't had the best of time in my career," Larson said. 'I used to always say it's bad luck, but I don't necessarily feel that way anymore."

Others share that sentiment:

MARTIN TRUEX JR. (0 for 18)

Truex owns NASCAR's longest active losing streak in the 500. The 2017 series champ won each of the first two stages last year before getting caught up in a five-car crash with 50 laps to go. He also was the runner-up in the 2016 Daytona 500, edged at the finish line by 0.011 seconds by Joe Gibbs Racing teammate Denny Hamlin.

Truex doesn't have a top-10 finish in the 500 since, but he's feeling good after winning the exhibition Clash at Los Angeles Memorial Coliseum two weeks ago.

"It was just good for confidence, good for momentum," Truex said. "I don't think I've ever seen a team so fired up to get to the racetrack as my guys have been. I think that's a good thing and hopefully we can just keep that momentum going."

BRAD KESELOWSKI (0 for 13)

Keselowski has won six times at Talladega, making him one of NASCAR's top superspeedway racers, but he's had mostly bad luck in the Daytona 500.

The 2012 series champ had a legit shot in 2021 before then-Team Penske teammate Joey Logano blocked him on the final lap and caused a multi-car melee that allowed Michael McDowell to drive by and end up in victory lane for one of the more shocking finishes in race history.

Keselowski responded last year by winning a qualifying race and then led a race-high 67 laps in the 500 — but ultimately came up short again.

"I have six Talladega wins, which is great, but I'd like to have a Daytona 500 win to go with them," said Keselowski, who is entering his second year as a driver/owner at RFK Racing. "I've been fortunate. I've had some good races and bad races on plate tracks — and everything in-between. I'm just really hungry to bring this one home.

"I've been so close the last few years. It's been painful to walk away — not so much empty-handed — but without the trophy."

ARIC ALMIROLA (0 for 12)

Almirola seemed content to walk away from full-time racing after his last Daytona 500, a fifth-place finish in 2022. But he delayed his pending retirement a few months later and remained at Stewart-Haas Racing for at least another year. Now, Almirola gets another shot at the 500.

"If you win Dover, you don't become the Dover 400 champion," said Almirola, who won a rain-shortened July race at Daytona in 2014 and picked up another victory in a qualifier Thursday. "When you win the Daytona 500, you become the Daytona 500 champion for the rest of your life."

RICKY STENHOUSE JR. (0 for 11)

Both of Stenhouse's career wins came at superspeedways in 2017 — at the summer race at Daytona and at Talladega. He's been a consistent contender since, although his results have slipped since leaving Roush Fenway Racing following the 2019 season.

He was running near the front with six laps to go last year when Keselowski gave him a push that turned him sideways and eventually into the wall. He ended up 28th. His only top-10 finish in the 500 came in 2014.

"Everybody is tensed up here knowing that you have one shot to win the Daytona 500," he said. "You look at the careers of people in our sport that accomplished a lot but never won the 500. It shows how tough it is."

MAKING HISTORY

Hall of Famers Tony Stewart, Rusty Wallace and Mark Martin are the most notable drivers who never won the race.

Truex, Busch, Keselowski, Almirola, Stenhouse and even Larson will be looking for a breakthrough Sunday. And no one should be surprised to see it happen.

After all, Hall of Famer David Pearson needed 15 tries to win the Daytona 500. Busch's older brother Kurt needed 16. And NASCAR legend Dale Earnhardt won in his 20th try — an iconic moment in series history.

"You just come in here and treat it as if it's any other race," Kyle Busch said. "There is great opportunity to be able to win the race, and if you put yourself in the right spot, you can."

Tiger

From Page A11

"It was supposed to be all fun and games and obviously it hasn't turned out that way," Woods said. "If I offended anybody in any way, shape or form, I'm sorry. It was not intended to be that way. It was just we played pranks on one another all the time and virally I think this did not come across that way."

Outside of swearing following bad shots, Woods rarely brings this kind of attention to himself inside the ropes.

The golf wasn't much better, either.

He missed birdie chances early and par chances late, and the finish was a polar opposite from his opening round when he closed with three straight birdies for a 69.

Woods came within inches of an ace on the par-3 14th, his fifth hole of the round, but he missed a 5-foot birdie chance two holes later.

"I did not putt well today," Woods said. "I blocked a lot of putts early, and this is probably the highest score I could have shot today. Probably should have shot probably five or six better than this easily. Just didn't make the putts early and the middle part of the round when I had those opportunities. And they weren't very hard putts."

He still was 2 under for the tournament, even for his round, when he came up short of his target on the par-3 sixth hole, the famous green with a bunker in the middle. The ball rolled down the edge to the front of the green, and the pin was cut to the top left.

Arms crossed and a lob wedge in his hands, he studied multiple options. He could have pitched it to the back of the green and up the slope and let it run back toward the hole.

"If I chipped it up on top, there's a chance that it could actually come back to the front part of the green," Woods said, adding that's what happened when he tried it Wednesday during the pro-am.

He changed to the putter to rip up the slope, left of the pin to leave himself about 10 feet away for a chance at par. One problem.

"The hill caught it more than I thought it would," he said.

It took speed off the ball and it turned right, down the edge of the bunker and into the sand. He blasted out to 5 feet and made a fast putt with enough break that he had to start it outside the cup.

That was the start of a bad finish. On the eighth, his tee shot found a bunker and he caught it heavy, hit his third over the green and did well to putt from the first cut of turf to tap-in range for bogey.

On his final hole at No. 9, he came up short and plugged into the bunker. All he could do with a front pin was blasted out through the green, and his par putt caught the lip. Another bogey left him at 1-over 143, outside the top 65 when he signed his card, and 10 shots behind the early lead posted by Keith Mitchell.

"I had two bad calls on the wind on 6 and 9 and ended up costing me two shots there," Woods said.

He would have to wait until the second round ended to see if it was enough to make it to the weekend at the tournament he hosts.

Season

From Page A11

GIRLS BASKETBALL

Three Kaysinger teams will travel to Tipton, where the Lady Cardinals host Class 2 District 8, which begins play with quarterfinals on Tuesday. Eugene –– coached by a familiar Kaysinger face in Jay Allen –– and Lincoln clash in a 4-5 game at 7 p.m., with the winner earning the right to face the Lady Cards on Thursday. Third-seeded Sweet Springs with Malta Bend plays Smithton in Tuesday's other quarterfinal, with No. 2 Sacred Heart with Otterville awaiting that winner. The district title game is set for Saturday, Feb. 25 at 6 p.m.

Keeping in line with the boys' side, Stover also hosts Class 3 District 8. Warsaw and Cole Camp will face off in a 4-5 quarterfinal Tuesday at 5:30 p.m. The winner of that matchup meets No. 1 Skyline, also ranked fourth in Class 3, on Thursday.

Staying with that bracket, third-seeded Russellville plays Windsor in the second quarterfinal Tuesday, and that victor advances to play the second-seeded Lady Bulldogs in the semifinals. The championship game in that district will be played that following Saturday at 4 p.m.

Green Ridge plays host to Class 1 District 8, which sees Chilhowee meet Kingsville at 5 p.m. in the first of three quarterfinals to be played Tuesday. Whichever team emerges from that game has the task of playing Leeton, the top-seeded team in the district and ranked No. 6 in the class.

On the bottom half of that bracket, No. 2 Northwest meets La Monte, a 7-seed, and the winner of that game will take on either third-seeded KC Lutheran or the hosts, the No. 6 Lady Tigers, in another semifinal pegged for Thursday. The district championship will be played on Feb. 25 at 6 p.m.







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Putting in the work to create a better sense of belonging



Nicole Cooke
Democrat Editor

Last weekend, I spent three days at the Sigma Kappa Sorority Emerging Leaders Conference in Indianapolis. Keeping with my "always learning" mindset, I thought I'd share a few insights with my favorite readers.

Two advisors and four collegiate members from every chapter nationwide attended one of four ELC events over the last month. And before you roll your eyes that I used the word "sorority" again, this conference wasn't just training on being an officer or planning a social. It focused on broader topics like belonging vs. fitting in, practicing gratitude, and finding your strengths and learning how to work with other strengths on a leadership team. Sure, we all chatted about possible solutions to problems our chapters are experiencing and shared ideas or best practices when we had a break. But the idea was to provide advisors and members with knowledge and tools to help them in all aspects of their lives.

As our society has evolved and it is becoming more of the cultural norm to help more people feel included, talking about belonging seemed like a no-brainer. When you put it against "fitting in," the conversation shifts.

Belonging is when you find a community where you feel welcome and comfortable enough to be yourself. When you try to fit in, you're changing something, whether that's your outward appearance or the responses you give when asked your opinion. You're more focused on being liked by others rather than the others learning more about you to create a space where you belong.

There are three belonging cues: Energy is invested, individuals are valued, and sustainability.

For me, there's no better example than "we've always done it this way." If you are experiencing lower participation in your club or less productivity at your business, have you considered adapting your processes? Some things from the 1950s or 1980s still have relevance in the 2020s, but many other things no longer fit. And as you change those processes, are you single-handedly making the decisions or have you asked for feedback from those impacted?

If you think I'm trying to be politically correct or create another participation trophy generation (just throwing it out there — who gave us those trophies in the first place?), I promise I'm not. As humans, we want to belong and connect with others. We were never meant to be alone, but loneliness affects everyone at some point.

In the last few years, many organizations, including Sigma Kappa, have created a new focus on Diversity, Inclusion, Equity and Access. When most people hear "DEIA," they immediately think of race, culture, gender and religion. While those are some broad examples of DEIA, the concept can go much further than that. Diversity isn't just your skin color — do your employees come from various backgrounds? Do they have varying strengths to work together as a team, or did you hire an entire group of creatives with no strategy experience, or vice versa? Have you cultivated a space where everyone feels comfortable offering input?

Continued on Page B4



Robin Williams receives a hug from an all school mass attendee after it was announced that she received Teacher of the Year on Feb. 3. During the hug, onlookers could see Williams almost in tears. PHOTOS COURTESY OF SACRED HEART SCHOOL

From special education to the classroom, Williams loves all her students

By Skye Melcher
skyem@sedaliademocrat.com



Third grade teacher Robin Williams makes a speech at the all school mass after receiving the honor of Teacher of the Year. Williams started at Sacred Heart eight years ago after transitioning out of administration.

This year's Sacred Heart Teacher of the Year has a long history of helping students of all ages and abilities reach their full potential.

On Feb. 3, third grade teacher Robin Williams was announced as Sacred Heart School's Teacher of the Year after serving more than 40 years in education.

Williams attended the University of Central Missouri, earning her Bachelor's in Science in education. She also earned a dual certification in intellectual disabilities and elementary education. She also earned her Master's Degree in Education with an emphasis in administration from the same university.

Williams wanted to work in special education, which all started as a child.

"I had an uncle who had Down Syndrome. He went to the state school and I loved it," Williams said. "I had to be told he had a disability, I did not know that. He was integrated so much into our lives that that's just how he was made and we were good with that."

She felt like people were afraid of what they didn't know, so she went into education with the need to make people understand that if someone has a disability, they deserve the same opportunities as everyone else.

When Williams completed her first degree, she started her first job at the Marshall Habilitation Center in 1984.

"At that time, for people in a residential setting, the Department of Mental Health provided their education…" Williams added. "So that's where I started and it was quite eye-opening. I worked there for about a year."

Williams had students who were anywhere from school age to 50 years old. It was determined that the Department of Elementary and Secondary Education had to provide education for all school-age kids.

"They needed to start doing that and they needed teachers to start doing that, so I applied at the Missouri Schools for Severely Disabled and became a teacher for them," Williams added. She began in 1985.

While Williams was teaching in Marshall, the principal resigned, so the director asked if she would fill in until they could hire someone. She did that for a year.

The transition from teaching to administration was difficult for Williams. She had to get used to it and figure out how to better help the teacher under her.

"Then a position came open down here at E.W. Thompson state school and I applied for the principal's position there and got that," Williams added. "So I came down here in, I believe, it might have been 1987. I was principal there for 11 years and then the director resigned in August."

Williams was asked if she would take over the director's position for the state's Northwest area until someone could be hired.

"I did that for a couple of months, at which time I applied for the position and got the director's position," Williams said.

Transitioning into the director's role was more exciting for Williams. She was able to meet many fantastic teachers.

"I took all of that knowledge and just absorbed it," she added. "I would share that with others – that was the fun part. If I saw someone doing something fantastic, I could go to someone else and say, 'Hey, I saw this and it really works well.' So I could link people up together like that and it was across a wide area."

Williams served in this position until she transitioned back into teaching and started at Sacred Heart School eight years ago.

The transition from director back to teaching was the scariest thing Williams ever did, she noted.

"I thought long and hard and was encouraged by my husband to apply," she said. "I really didn't have any high hopes that I would get this…"

Williams said getting used to being back in a single classroom for a whole day was hard, but she had to know if she could do it.



Robin Williams sits in a pew and prays during a mass at Sacred Heart Church.

See TEACHER | B4



DREXLER ANNIVERSARY

Mr. and Mrs. Jack Drexler, of Sedalia, celebrated their 67th wedding anniversary Feb. 11.

Dolores Huitt and Jack Drexler were married Feb. 11, 1956, at St. Wenceslaus Catholic Church in St. Louis by Fr. Hamtil.

Mr. Drexler is a retired data processing manager. Mrs. Drexler is a retired school bus driver.

They have five children, Diane Sackman, of Fenton, Robert Drexler, of Bates City, Thomas Drexler, James Drexler, and Michael Drexler, all of Sedalia; 11 grandchildren and seven great-grandchildren.

NEW BOOKS

Sedalia Public Library
Fiction

"Burner," by Mark Greaney (suspense).

"The Last Orphan," by Gregg Hurwitz (suspense).

"Death of a Traitor," by M.C. Beaton (mystery).

"The Cliff's Edge," by Charles Todd (mystery).

"Our Share of Night," by Mariana Enriquez (horror).

"Varina Palladino's Jersey Italian Love Story," by Terri-Lynne DeFino (fiction).

"A Chance Inheritance," by Carolyn Brown (romance).

"Stone Cold Fox," by Rachel Koller Croft (mystery).

Nonfiction

"12 Weeks to a Sharper You," by Sanjay Gupta, MD (nonfiction).

"The Answer to Anxiety," by Joyce Meyer (nonfiction).



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POPULAR BOOKS

Boonslick Regional Library
Fiction

"Little Paula," by V.C. Andrews.

"Death of a Traitor," by M.C. Beaton and R.W. Green.

"Black Candle Women," by Diane Marie Brown.

"Calder at Heart," by Janet Dailey.

"Burner," by Mark Greaney.

"Essex Dogs," by Dan Jones.

"The Angel Maker," by Alex North.

"3 Days to Live," by James Patterson.

"Encore in Death," by J.D. Robb.

"Arch-Conspirator," by Veronica Roth.

Nonfiction

"It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve," by Scarlett Cochran.

"Waco: David Koresh, the Branch Davidians, and Legacy of Rage," by Jeff Guinn.

"Spare," by Prince Harry, the Prince of Sussex.

"Africatown: America's Last Slave Ship and the Community It Created," by Nicholas Tabor.

"Drama Free: A Guide to Managing Unhealthy Family Relationships," by Nedra Glover Tawwab.

MARRIAGE LICENSES

Pettis County Recorder of Deeds Barbara Clevenger recently issued marriage licenses to: William Thomas Boggs, 63, and Julie Rea Wade, 49, both of Sedalia.

BRL2GO SCHEDULE

Boonslick Regional Library
Monday

No run: Presidents Day.

Wednesday

9:30 a.m.: Boonville, Hartmann Village.

9:40 a.m.: Riverdell Care Center.

9:45 to noon: Boonville Walmart.

1:30 to 4 p.m.: Lone Elm.

Friday

9 to 11:45 a.m.: Brooking Park Village.

1:15 to 4 p.m.: Otterville.

CLUB NOTES

Sedalia Altrusa Club

Sedalia Altrusa made the final delivery to the Missouri Department of Family Services from the "It Takes a Village" grant awarded by Altrusa International Foundation. The $2,000 grant was used to purchase items to meet the needs of children taken into foster care.

Sedalia Photo Club

The Sedalia Photo Club held its regular monthly meeting on Wednesday, Jan. 18.

The monthly photo theme was "arch." The color print winners were Betsy Gerke and Bev Gerke. The black-and-white print winners were Bev Gerke and Carolyn Bauer.

Monthly photo assignments were chosen for 2023.

The next meeting will be held at 3:15 p.m. Feb. 15 at the Sacred Heart Parish in Sedalia. The monthly photo theme will be "cameras or camera parts."

Mid-Mo Toastmasters Club

At the Feb. 7 meeting of the Mid-Mo Toastmasters Club, members toasted the international and Turkish teams of first responders who are attending to the needs of earthquake victims in that country.

"We salute these courageous and selfless men and women who are rendering critical humanitarian service in the midst of this horrendous and massive calamity," said P.C. Thomas in proposing the toast. "We wish them safety, good health, sustained stamina, and much success in their heroic effort."

The main speaker at the meeting, Jacob Smothers, gave a candid icebreaker talk in which he contrasted his life before and after experiencing conversion to Christ.

"I had the typical middle-class upbringing... raised by two parents who loved me... To be frank, there was nothing in my childhood that would explain the mess that I became," he said. "I was 10 years old when I smoked my first cigarette... A short two years later, and I was smoking marijuana and huffing aerosols. In eighth grade, I was suspended from school... That summer, we moved from Camdenton to Sedalia, and what was supposed to be a fresh start quickly turned into a continued pursuit to put just about anything in my body that would lift me up."

"It all came to a head, Smothers recalled, "when I showed up stoned blind to school after taking some mystery pills I had gotten from a coworker the night before. After making a fool of myself and passing out in second period, I was dragged out to my mom's car to go for a drug screen... In 2016, I graduated and on the outside, I looked like I had it all together, had my own place, a decent job, an amazing girlfriend who, in 2019, became my wife. But I was dead inside, chasing highs every weekend, throwing home-wrecking parties and dragging anyone I could into my sinful acts. It all ramped up in 2020 when I began growing psychedelic mushrooms... It became an obsession...all my thoughts were consumed by these magical little fungi, spending numerous nights alone in my garage in a stoned stupor."

Smothers said his wife had spent "the better part" of their relationship trying to pull him out of his "life of sin," hoping to nudge him toward Christ.

"I spent hours spewing my agnostic views on the Bible...all but destroying her faith. After what seemed like months...of back and forth, I realized that the only way I would be able to prove this wrong would be by reading the Bible and letting it defeat itself... So, I decided to just start reading," he said.

After reading John 15:5, Smothers said he "prayed the first sincere prayer of my life," which was, "Lord, if your word is true, I can do nothing. It has to be you. Give me understanding, show me the truth."

"And my life was changed in an instant," he recalled. "I began reading the Bible fervently, praying constantly, and less than a month later, I had cast all of my drug paraphernalia, along with about $800 worth of weed and mushrooms, into a fire, broken a decade-long addiction to pornography, and was healing my broken relationship with my wife... In the spring of 2022, I was born again... and I haven't looked back... My Friday and Saturday night escapades had been replaced by dinners with fellow believers, my Sunday hangovers had turned into days of worship...and I love it!"

Smothers ended his speech the way he opened it — by quoting Proverbs 14:12. Toastmaster Laramey Johnson evaluated the speech. Toastmaster Andrey Gritsishin served as the general evaluator.



From left, Marilyn Board, Heather Lynn of Children's Services, Janet Pierce, and Kay Myears display some of the needed clothing, blankets, and personal care products.
PHOTO COURTESY OF SEDALIA ALTRUSA

Bothwell Health Center Auxiliary Board

The Bothwell Health Center Auxiliary Board met on Feb. 8 in the Hospital Board Room with 13 members present. President Karen Kay Taylor called the meeting to order. The January Board minutes were read and approved. Virginia McAllister, treasurer, read the Treasurer's Report for January and it was also approved.

The total volunteer hours worked for the month of January was 1,339 hours. Three auxiliary members received their new volunteer hour pins in the month of February. Wilma Baslee, a 400-hour pin; Dale Bersano, an 800-hour pin; and Sara Lyles, a 5,000-hour pin.

The Amazing Volunteer for the Month of February is Terri Paul. Paul volunteers at the front desk and has volunteered over 1,500 hours.

Shirley Evans is our new Scholarship Chairman. She replaces Karen Suroff, who has resigned from the auxiliary and is moving to the Kansas City area. Thank you, Karen, for all the outstanding work you have done with the scholarship fund.

Jackie Butler and Shirley McCown have completed the yearly audit of the auxiliary account.

Auxiliary members were encouraged to attend an Active Shooter Training Session held in the Chapel Learning Center in February. The training was taught by one of our security guards. The group learned what to do in case of an active shooter situation.

The Courtesy Cart will be starting up again in the month of March. It has been suspended since the COVID outbreak. Shirley McCown will be the new coordinator of the Courtesy Cart. The Auxiliary is planning on running this cart on Tuesdays and Thursdays each month.

Dates to Remember: Feb. 17, used book and gently used purse/bag sale from 7 a.m. to 6:30 p.m. in the hospital cafeteria; March 8, Auxiliary board meeting; April 20, scrub sale.

The hospital visiting hours are 8 a.m. to 8 p.m. The gift shop hours are 9 a.m. to 6 p.m. Monday through Friday, 10 a.m. to 2 p.m. Saturday and from 1 to 5 p.m. Sunday. The Gift Shop will be closed on all holidays and if there are school closings due to inclement weather, the gift shop and other volunteer services will be canceled on these days.

BRHC Auxiliary has four new volunteers in the month of February. If interested in learning more about becoming an Auxiliary volunteer, call Sara at 660-827-0343 for more information.

The Missouri Bank Donates $631 To Quilts of Valor, In Sedalia!

Our program, "Denim for Donations", designed to give back while having a little fun with casual attire. Every Friday, we wear denim for a small donation. Each month we choose a different non-profit organization to donate the funds.

Our January donation went to the Quilts of Valor Foundation! This organization makes quilts to be awarded to Veterans and active service members who have been touched by war. Our $631 went to the Pettis County group "United We Sew", and will make 4 quilts.



Click the QR code to see more about our denim program!

1601 S. Limit Ave. | Sedalia | 660-827-5520
Warrenton | Wentzville | Foristell | Hermann | Smithton | Columbia

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Community Calendar FEBRUARY

To have your event or meeting listed or changed, send details to fbemiss@sedaliademocrat.com or call 660-826-1000 ext. 1481.

SUNDAY

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

11 a.m. to 1 p.m.: Tenderloin dinner fundraiser at the Sedalia Senior Center in the Heckart Community Center, 1800 W. Third Ave. the cost is $15 for adults and $7 for children under six.

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.

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

MONDAY

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

8 a.m.: Courthouse Prayer Group meets on the lawn of the Pettis County Courthouse, Monday through Friday. During the winter months, the group meets at Panera.

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

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

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.

5:30 p.m.: The Dream factory meeting. Call 660-827-1561 for location.

6 p.m.: Altrusa International Inc., Sedalia, at the Katy Trail Community Health Center, community room, 821 Westwood Ave.

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

6 p.m.: Pettis County Democrat Club meets in the basement of Boonslick Regional Library, 219 W. Third St.

6 p.m.: Smithton Senior Citizens Group Pitch and Pool, Smithton Senior Center on Washington Street.

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, are meeting in-person rehearsals at Wesley United Methodist Church basement, 1322 West Broadway Blvd. All women who like to sing are welcome. For more information, call 660-851-2205.

7 p.m.: Al Anon, at 417 W. Pettis. For more information, call 660-473-0855

7 p.m.: Sedalia Chorale Rehearsal, rehearsal room 67 in the Stauffacher Center at State Fair Community College

TUESDAY

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

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

8:30 a.m.: Sedalia Literacy Council, basement meeting room, Boonslick Regional Library, 219 W. Third St.

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

11:30 a.m.: Show-Me Ladies with Hatitudes for lunch. For location information, call Maryann at 660-826-8138.

Noon: Sedalia Optimist Club, in Room C at the Heckart Community Center, 1800 W. Third St.

12:30 to 4:30 p.m.: Birthright Pregnancy Center, 1810 W. 11th St., Tuesday through Friday; and other hours by appointment. The office number is 660-826-9060.

1 to 3 p.m.: Baby Grace is open at Wesley United Methodist Church, 1322 W. Broadway Blvd., for those who need diapers, pull-ups or wipes.

1 p.m.: B.Y.O.L. (bring your own lunch movie event) at Cole Camp Boonslick Library, with popcorn and drinks. Event is free and for all ages.

4:30 p.m.: Crossroads Hospice, a monthly discussion grief group, at the Heckart Family Center, 903 S. Ohio Ave. For more information, contact Beth Hunt at 660-422-5804.

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

6 p.m.: Sedalia Runners Club-Track at Smith-Cotton Track.

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.: Fraternal Order of Eagles Auxiliary, Lincoln.

7 p.m.: Loyal Order of Moose, Sedalia Lodge 1494, at the lodge, 119 Winchester Ave.

7 p.m.: Masonic Granite Lodge 272 meeting, 601 W. Broadway Blvd.

7 p.m.: MidMo Toastmasters Club, Boonslick Library, 219 W. Third St. Toastmasters International offers training in communication and leadership skills. Contact P.C.Thomas@charter.net or 660-826-9988.

7 p.m.: OIC Studios will present the SpoFest Open Mic Poetry and Prose event streaming live via Zoom, Facebook and OIC Radio. Signup and event guidelines at www.oicstudios.com/spofest-online.

WEDNESDAY

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

10 a.m.: 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, Heckart Community Center, 1800 W. Third St.

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 W. Pettis St.

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.

1 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.

7 p.m.: Sedalia Bible Academy, Boonslick Regional Library, 219 W. Third St., Sedalia. For more information, call 660-826-9988. It is free and open to the public.

FRIDAY

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

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

Noon: Pettis County Pachyderms, Room C at the Heckart Community Center.

SATURDAY

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

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

2 p.m.: Warsaw Cruisers 2 p.m., Cow Pattie's Restaurant, 604 W. Main St.

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 $4. For more information on receiving meals or becoming a volunteer, call 660-826-5039.

Meals will be delivered by St. Paul's Lutheran.

Monday: Chicken and noodles, green beans, applesauce and milk.

Tuesday: Meatloaf, posh potatoes, tomato and cucumber salad, cookie and milk.

Wednesday: Pulled pork on bun, cottage cheese, potato chips, banana and milk.

Thursday: Ham and beans, cornbread, coleslaw, tropical fruit and milk.

Friday: Pork fritter on bun, macaroni salad, baked beans, orange and milk.

BIRTHDAYS

Franklin

Dorothy Franklin will observe her 100th birthday Feb. 19.

She was born Feb. 19, 1923, in La Monte.

Dorothy was married to the late Amos Franklin.

Before retiring, she was a sales clerk. Her hobbies include fishing, playing cards, collecting rocks and glass dishes, and working on jigsaw puzzles.

Dorothy has two children, Carolyn Lee, of Sedalia, and James Franklin, of Lee's Summit.

Birthday cards may be sent to Dorothy at the Sylvia G. Thompson Residence Center, 3333 W. 10th St. Sedalia, Mo. 65301.

Foster

Delores Foster will observe her 90th birthday Feb. 24.

She was born Feb. 24, 1933, in Sedalia.

Before retiring, she was a school teacher. Her hobbies include gardening.

Delores has one child, Tim Foster, of Sedalia.

Birthday cards may be sent to Delores at the Sylvia G. Thompson Residence Center, 3333 W. 10th St. Sedalia, Mo. 65301.

Hale

Wilma Hale will observe her 76th birthday Feb. 19.

She was born Feb. 19, 1947.

Before retiring, she was a cook and a waitress. Her hobbies include crocheting, quilting and gardening.

Wilma has six children, William Hale, of Kansas, Cherry Wineland and Christina Bannister, both of Missouri, Telitha Cauldell, of Ohio, James Hale, of Oklahoma, and Steven Hale, of Kansas.

Birthday cards may be sent to Wilma at the Sylvia G. Thompson Residence Center, 3333 W. 10th St. Sedalia, Mo. 65301.

Koetting

Alverta Koetting will observe her 91st birthday Feb. 19.

She was born Feb. 19, 1932, in Chamois.

Alverta was married to the late Francis Koetting.

Before retiring, she was a teacher. Her hobbies include singing and enjoying her grandchildren.

She has five children, Jeff Koetting, Pam Johnson, Chris Koetting and Doug Koetting, all of Sedalia, and Greg Koetting, of Jefferson City.

Birthday cards may be sent to Alverta at the Sylvia G. Thompson Residence Center, 3333 W. 10th St. Sedalia, Mo. 65301.

CHRISTIAN BIRTHDAY

Rhoda M. Christian, of Sedalia, will celebrate her 93rd birthday Feb. 17.

She was born Feb. 17, 1930. The highlight of her birthday this year will be going to see the movie "80 for Brady."

Before retiring, Rhoda worked as a floor lady at Lamy's Mfg. Co., for 30 years. She attends the First United Methodist Church. Her hobbies include playing cards, going to garage sales, participating in the Silver Sneakers program and "just going."

She has five children, Jerry Christian, Annette Christian and Marsha Emo, all of Sedalia, and Wayne Christian and Gail Christian, both of Oregon; three grandchildren and six great-grandchildren.

Birthday cards may be sent to Rhoda at 1620 S. Sneed Ave., Sedalia, Mo. 65301.



DIVORCES

These people were recently granted divorces in Pettis County Circuit Court:

Maurice Robinson and Vesteria Pegues-Robinson;

Michelle L. Saunders and Larry G. Saunders;

Kaitlyn C. Bosley and Ryan M. Bosley.







Sacred Heart's Robin Williams is dressed as two fish from Dr. Seuss's "One Fish, Two Fish, Red Fish, Blue Fish." During Halloween, Sacred Heart students and staff are allowed to wear costumes at school.

PHOTOS COURTESY OF SACRED HEART SCHOOL

Teacher

From Page B1

"I was so anxious to get in here and I worked that entire summer trying to get prepared for being here and I still don't know if I was that effective that year," Williams said.

She always has a different teaching plan because every class is different every year.

"I tell them they're like my sheep and a shepherd would never leave their sheep behind," she added. "They're my sheep, I'm not going to leave them behind."

Another transition Williams had to go through was leaving the special education field to go into a classroom setting.

Williams tells her students that she taught students who didn't have the ability to do something, but they still gave it their all and tried their hardest, so she doesn't expect anything less from them.

"So if you struggle in here or if everything is easy in here, I will love you the same, but you have to give me your best," Williams said. "Special education is so handy because I can look at them and see where they struggle and make some adaptations."

Williams said Sacred Heart teachers, staff and students accepted her with open arms from day one.

"They're so encouraging," she added. "If you've had a day where you felt like a failure, and you have those, you can go to your colleagues and they'll say, 'Oh, you're doing a fantastic job. It's just wonderful. It's so good here."

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



Robin Williams, left, stands with two other teachers dressed in festive holiday clothing. During Christmastime, many Sacred Heart staff members wear themed Christmas outfits.

Cooke Column

Continued From Page B1

As an advisor, I had a few realizations over the weekend about being a better mentor and leader at work and in the sorority. I can be more of an advisor or a consultant instead of a director or teacher when working with my college advisees, which gives them a better sense of empowerment rather than me solving the problem for them. I also need to remember to check in with them as a person and sister when we chat rather than jumping straight into sorority business. Showing you care and want to learn about the other person can go a long way in relationship building.

The other UCM advisor and I worked with our four collegiate members to create actionable goals from ELC to bring back to their chapter. They focused on creating more opportunities for members to offer feedback, but more importantly, they also made a goal to use that feedback in productive ways. How many of us have filled out a survey at work or for a club, only to see the same things happening year after year? It makes you feel unheard when you're asked for an opinion that never ends up even being considered.

I was proud of them for realizing that to solve their membership problems, it'll take more than hosting a few more fun sisterhood events. It will take more work on everyone's part to create a better sense of belonging, so no one feels the need to fit in.

I'll leave you with this quote from DEI Strategist Arthur Chan: "Diversity is a fact. Equity is a choice. Inclusion is an action. Belonging is an outcome."





Rise of Asian leads in network TV shows, now ABC's 'Company'

By Terry Tang
Associated Press



This image released by ABC shows Catherine Haena Kim, left, and Milo Ventimiglia in a scene from "The Company You Keep."
PHOTO BY ERIC MCCANDLESS | ABC VIA AP

In fourth grade, Catherine Haena Kim could not muster the courage to audition for the female lead of her school's production of William Shakespeare's "The Tempest." But her teachers saw something in the way she held herself in the classroom.

"My teachers actually gave me the part because whenever I did speak up, I was very animated and expressive," Kim said. "When I did this play, I honestly think it's one of the first times I actually felt seen and special in a way that I think I really hadn't before that."

Kim's teachers subverted a problem that has frustrated many Asian Americans' career trajectories, whether on screen, in political office or in an executive suite: receiving praise for being reliable, hard workers, but never quite being perceived as leadership material.

Across industries, Asian Americans have long been held back by unquestioned biases rooted in racial stereotypes. Employers often paint Asians as passive, lacking in gravitas or not a "cultural fit," said Justin Zhu, co-founder of the advocacy group Stand with Asian Americans.

An all grown-up Kim ("Ballers," "Good Trouble") is now reveling in the thrill and facing the pressure of being the lead on a much bigger stage: She stars opposite Milo Ventimiglia in the new ABC drama, "The Company You Keep," which premieres Sunday. A remake of the Korean drama "My Fellow Citizens," it centers on the hot and heavy romance between Kim's CIA agent and Ventimiglia's con artist.

Given network TV's woeful record of failing to cast Asian actors as main characters — and increased competition from cable and streaming services — there is an extraordinary number of recent shows that are making change. Other recent broadcast series with Asian or Asian American leads include "Quantum Leap" (Raymond Lee), "Kung Fu" (Olivia Liang), "The Cleaning Lady" (Élodie Yung), "NCIS: Hawai'i" (Vanessa Lachey) and "Ghosts" (Utkarsh Ambudkar).

Advocates are mixed on whether this rise in visibility is a sign that Asian Americans are actually gaining wider, meaningful representation. Over the last decade, there have been ups and downs: For two years, ABC even had two sitcoms with all-Asian casts — "Fresh Off the Boat" and "Dr. Ken" — but the latter, starring Ken Jeong, was nixed after only two seasons.

In 2019, after "Crazy Rich Asians" became a box-office hit, things looked promising, said Milton Liu, interim executive director of the Asian American Media Alliance, which puts out a diversity "report card" rating the broadcast networks. That same year, six TV pilots with at least one Asian lead were ordered but only one — sitcom "Sunnyside" starring Kal Penn — went to series, and it was canceled after 11 episodes.

Liu concedes that the current crop of shows indicate things are "improving slowly." A member of the Writers Guild of America, he tempered that assessment with a reminder of how difficult it is just to get a TV pilot made.

Also, most of these broadcast shows don't showcase an Asian main couple or all-Asian ensemble. The conventional wisdom that many industry executives still hold firm to is that casting a white actor as the lead will make a series relatable to more viewers, so it will be more profitable. Liu said that demographics for network viewers are trained to older audiences, which skew predominantly white.

"We understand that," he said. "But we also understand the importance of having shows like 'Fresh Off the Boat' so that we aren't just marginalized."

A Nielsen Company study found that two-thirds of Asian Americans feel there is not enough Asian representation on TV. More than half say the depictions that do exist are inaccurate.

It was "The Company You Keep" executive producer Jon M. Chu, the director of "Crazy Rich Asians," who suggested that agent Emma Hill be Asian American — and have an on-screen family with a Korean American father and Chinese American mother. The Hill family is also a political dynasty.

The character of Kim's on-camera father (James Saito) is loosely inspired by former Washington Gov. Gary Locke, the first Asian American governor on the mainland. The former U.S. ambassador to China has no direct involvement, but called the connection "awesome" in an interview with the AP.

In past political roles — which include serving as commerce secretary under former President Barack Obama — Locke never lacked confidence in his ability to lead. It was anti-Asian racism that colored how he was perceived by others that was the problem, he says.

In 2003, the FBI learned he was the target of an assassination plot by a white supremacist and anti-government extremist who "specifically said that there's no way that an Asian American could be a legitimate governor of the state of Washington," Locke recalled.

Zhu, of Stand with Asian Americans, said that underestimating Asian Americans goes back to the 1800s, when Chinese laborers built the U.S. railroads.

"Asian Americans, since we've gotten to this place from working on the railroad, we've been paid a fraction of what we deserve and have been seen as sort of workers but not leaders," Zhu said.

Locke believes seeing Asians and Asian Americans taking charge on-screen does have an impact in real life.

"Just seeing more more Asian Americans in all walks of life — even if it's fictitious — is important because that may be their (viewers') only exposure to Asian Americans in roles that they're not accustomed to," Locke said.

Kim feels like a "lucky chosen one" because she has a seat at the proverbial table with her new, leading character status. Seeing her name at the top of the call sheet is a brand-new experience. Despite the confidence she now has, sometimes the insecurities that once dodged that timid fourth-grader persist.

"Most of the time, I'm just like 'How does everybody do this?' I feel my imposter syndrome blaring louder than ever," Kim said. "But I keep going because it's all mixed in with that feeling a little kid dreams of" — of being seen and recognized as special.

At New York Fashion Week, music can be as crucial as clothes

By Brooke Lefferts
Associated Press



Fashion designer Michael Kors appears on the runway after showing his latest collection, during Fashion Week, Wednesday, Feb. 15, 2023, in New York.
PHOTO BY BEBETO MATTHEWS | AP PHOTO

NEW YORK — The carpets have been rolled up and the racks of clothes have disappeared, leaving only a few stray feathers and sequins behind, but some New York Fashion Week guests may still be humming the tunes they heard on the runways for days to come.

That's actually a goal for many designers when they choose the precious few songs played as models strut the runway, wearing their latest lines.

"It's a quick movie that we're doing when we put a fashion show together," Michael Kors told The Associated Press in an interview this week at his fall/winter show. "The soundtrack is so important."

Kors' latest collection featured some bohemian flair: miniskirts, big belts and high boots, made of suede, and fringe accents with a modern sensibility. It was an ode to strong women who influenced him in his early life, like Tina Turner, Jane Fonda and Gloria Steinem, who sat in the front row.

In a nod to them, Kors' team created an all-female soundtrack, much of it played by a live string orchestra in the center of the runway.

"You're going to hear Joan Baez, a little Stevie Nicks, and then Grace Slick," Kors said, adding that his anthem was "always" Jefferson Airplane's "Somebody to Love." "I always think what hits me emotionally in the gut, but then I always find a different way to do it. Jefferson Airplane done orchestrally is definitely a spin on things."

Designer David Blond of The Blonds brand agrees that he and his partner Phillipe Blond are inspired by film and music and see their shows as pieces of art.

"All of our soundtracks are cinematic in scope and they really do … support the show. And it wouldn't be the same without it, not just the visual, but the sound is really important," David Blond said.

For Wes Gordon, the creative director for Carolina Herrera, this season's playlist was personal. Models walked the runway at The Plaza Hotel to "Georgia on My Mind," among other songs.

"'Georgia' was a nod to my newborn daughter. Her name is Georgia. She's far too young to know or appreciate it but someday I'll tell her," Gordon said as his eyes lit up.

There are many elements competing for attention at fashion shows — the clothes, hair and makeup, celebrity and industry guests in the front row, and often dramatic venues. But the music can set a tone or underscore a theme the designer is trying to convey.

Many of the Herrera designs had a feminine, romantic essence.

"I kind of did a love theme because tomorrow is Valentine's Day," Gordon said on Monday. "The opening was 'Say a Little Prayer.' We did Rihanna of course because, Rihanna is Rihanna! And the finale was Whitney Houston's 'I Wanna Dance with Somebody.'"

Tory Burch is a longtime women's empowerment advocate and chose her playlist to include iconic female voices.

"I wanted to think about women vocalists and singers … starting with Tammy Wynette," Burch said after her show. "The idea of 'Stand by Your Man' and clearly, you know, I believe in women's empowerment, so it's a bit ironic, although I think Tammy Wynette was an amazing, strong woman."

Models at her show also walked to opera and the Eurythmics, and ended with Carly Simon's "You're So Vain." When asked why that song, Burch smiled and — much like Simon's reluctance to fully divulge the song's inspiration — Burch said she wanted her choice to use it to be "left to interpretation."

Many designers were eager to discuss their music choices, seeing it as part of their message when putting out a new collection.

"Fashion and music, there's a blur where one leaves off and one begins," Mark Badgley of Badgley Mischka said. "There's a lot of designers whose soundtracks inspire every detail on the runway. It definitely has an influence over what we do."

James Mischka takes the lead on choosing music for their shows and this season was influenced by travel to Italy and a film the two liked.

"We started off with a lot of retro '60s Italian music," Mischka said. "We used a little bit of the music from 'The Menu' … which is one of our favorite movies and the music is entrancing and hypnotic to give a sort of hypnotic feeling to the whole show."

Much like designing clothes, music is subjective so designers can't always please their audience with the songs they choose.

"Some people are more judgmental about the music than they are about the clothes," Badgley says with a laugh. "We're up against that all the time."

The fashion week schedule is typically jam-packed with several shows happening each day, so music is one way to remain memorable. That's one of Gordon's objectives when scoring his shows.

"My hope is always that you leave and by the end of the day, you hate me so much because the song is stuck in your head and you can't get it out!" he said.

___

Associated Press journalist John Carucci contributed to this report.

Love blossoms in Serbia between Ukrainian, Russian 'enemies'

By Jovana Gec
Associated Press

BELGRADE, Serbia — She is from Ukraine and he is from Russia. Their love blossomed online, but with their nations at war, the odds of carrying on their relationship were stacked against them. Even so, it didn't take long for the young couple to beat the odds.

Mariia Vyhivska and Iurii Kurochkin, now both 23, fell in love while playing an online video game. But Russia's invasion of its neighbor threatened to scuttle their relationship before it even got off the ground. They boldly turned their backs on the war-engendered enmity pervading their homelands and chose to be together.

Vyhivska was living in Zvyagel, near Ukraine's capital Kyiv, and Kurochkin in St. Petersburg in Russia. Despite the seemingly insurmountable distance, the couple didn't give up.

"It wasn't hard," said Vyhivska, smiling. "I wasn't afraid, not at all. I am happy. Because I am loved."

Kurochkin recalled how the couple started making plans to meet in person.

"It was a year ago ... I started to organize my international passport, to visit Mariia in Ukraine." recalled Kurochkin. "I finished it in January, and as you know, the war started in February and it crashed all our plans."

It seemed that all hope of meeting evaporated amid the Russian onslaught in Ukraine that drew global condemnation and saw millions of Ukrainian refugees stream out of the country.

Vyhivska and Kurochkin were at a loss. She moved to Czechia soon after the war started while he stayed at home in Russia. But they didn't give up. They started sizing up "some options to live together," said Kurochkin.

The answer turned out to be Serbia, a fellow-Slavic nation in the Balkans that remained friendly with Russia, and where Russians could enter without a visa. Serbia's capital Belgrade was where Vyhivska and Kurochkin met for the first time.

"I arrived to Serbia on 27th of April and I waited for her for several days," he said. "She arrived from the Czech Republic and we met each other at the central bus station."

He was all that she imagined, said Vyhivska.

"There was this moment of unbelievable joy," she said. "I traveled for 16 hours and had no sleep, I couldn't sleep. So, I came out of the bus and I fell into his arms."

Their new life together began in that instant. A hostel served as their first abode before the couple found a small flat in a Belgrade suburb. They took up various jobs while pursing IT studies online at a St. Petersburg university.



Mariia Vyhivska, from Ukraine, left, and Iurii Kurochkin, from Russia, pose with a heart-shaped sign on the banks of the Ada Ciganlija Lake, in Belgrade, Serbia, Sunday, Feb. 5, 2023. Vyhivska and Kurochkin fell in love before Russia invaded Ukraine, while playing an online video game. To get together, they had to leave their homes and defy hatred generated by war. An estimated 200,000 Russians and some 20,000 Ukrainians have come to Serbia in the past year.
PHOTO BY DARKO VOJINOVIC | AP PHOTO

Life together hasn't been without its problems. Last July pro-Russian extremists in Serbia drew a huge Z sign — a symbol of Russia's invasion — on their building and assailants broke into their flat. They were also attacked by a group of hooligans, Kurochkin said.

An estimated 200,000 Russians and some 20,000 Ukrainians have come to Serbia in the past year. Many Russians set up businesses in the Balkan country, which has refused to join Western sanctions against Russia despite seeking European Union membership.

"We talk about the war sometimes but we don't have any problems between each other," said Kurochkin. "With other people, of course (we have), because there are a lot of people, there are a lot of points of view, so it is impossible to handle them all."

For Vyhivska, the biggest concern has been how she'll be perceived by fellow Ukrainians because of her relationship, even through own family has no objections at all.

"What happens next? We'll see," she said. "We don't know what happens tomorrow, there is danger even of nuclear war, they are frightening us with that now. I can't look too far ahead."

Kurochkin said they will just take things as they come: "We are happy because we are together."

Fetterman draws praise for getting help for depression

By Mary Clare Jalonick
Associated Press

WASHINGTON — When Patrick Kennedy was in Congress, he would sneak in his treatments for substance abuse over the holidays, in between congressional work periods. And he refused mental health treatment recommended by his doctors, worried he would be recognized in that wing of the hospital.

Kennedy, a Rhode Island Democrat and the son of the late Sen. Edward Kennedy, was eventually forced to reveal his struggles when he crashed his car outside the Capitol after taking a combination of prescription drugs in May 2006. He talked openly about his mental health and substance abuse for the first time, and something surprising happened — he became more popular with his constituency, winning reelection by a bigger margin than he had two years earlier.

On Thursday, the office of Pennsylvania Sen. John Fetterman, a Democrat who was elected to the Senate after a bruising campaign during which he suffered a stroke, announced he had checked himself into the hospital for clinical depression. The statement said Fetterman had experienced depression on and off in his life, but it had only become severe in recent weeks.

Aides to the senator who were granted anonymity to speak about private interactions said Fetterman had become withdrawn, something they had never seen from him. The hospital stay could take "weeks" or until doctors are satisfied with his progress, one of the aides said. He is not expected to resign from the Senate.

Fetterman's public struggle is extraordinary in a building where few talk about their own mental health, even while members of both parties have legislation to expand aid for it. Kennedy and a handful of others who have been open about their own problems, or those in their family, say they hope Fetterman's honesty — and his decisive action to get help — will foster more openness among lawmakers and their constituents in the wake of a global pandemic that has had far-reaching effects.

"This is a moment for us to tear down the stigma of depression and anxiety," said Kennedy, who retired in 2010 and has become a leading voice on mental illness. "Sen. Fetterman may do more for people just by admitting that he's getting help for depression than any bill he ends up sponsoring."

The U.S. Surgeon General, Vivek Murthy, tweeted praise for Fetterman, saying he hopes his "courage will serve as an example for others."

Fetterman's Senate colleagues were immediately supportive.

"In every single city and town and rural community there is someone struggling with mental health," said Minnesota Sen. Tina Smith, a Democrat who shared her own stories about periods of depression on the Senate floor four years ago. "If they see somebody else, like John, saying, 'OK, I need to get medical care,' that can be important to people."

South Dakota's John Thune, the Senate's No. 2 Republican, said he thinks politicians have become more comfortable discussing the issue since the pandemic.

"The more open, transparent people can be, the better our understanding is," Thune said.

Fetterman's hospitalization comes after a rough year in which the 53 year-old suffered a stroke just ahead of the May primary election and spent much of the summer off the campaign trail, recovering. He has said the stroke nearly killed him. He also underwent surgery to implant a pacemaker with a defibrillator to manage two heart conditions, atrial fibrillation and cardiomyopathy. He entered the Senate in January, where he has had to adjust to life in Washington and the daily grind of a federal lawmaker.



Sen. John Fetterman, D-Pa., walks to a motorcade vehicle after stepping off Air Force One behind President Joe Biden, Feb. 3, 2023, at Philadelphia International Airport in Philadelphia. On Thursday, Feb. 16, Fetterman's office announced that the senator had checked himself into the hospital for clinical depression.
FILE PHOTO BY PATRICK SEMANSKY | AP PHOTO

"It's unreal what @JohnFetterman has been through in the last year," tweeted Sen. Chris Murphy, D-Conn. "A stroke, a recovery, a bruising campaign, a transition to the Senate. I'm so proud of him for taking his health seriously. He's going to be a great Senator for a long time, and I'm pulling for him today."

Texas Sen. John Cornyn said the Senate "can be arduous. So I'm sure if somebody is not up to 100% then it's especially tough, so I wish him well."

Post-stroke depression is common, doctors say. And that could be even more difficult when dealing with it publicly, like Fetterman is.

"Having a stroke in and of itself is devastating and having to recover from a stroke in the public eye only adds to the level of stress as one recovers," said Dr. Bruce Ovbiagele, associate dean and professor of neurology at the University of California-San Francisco.

Fetterman is still battling auditory processing disorder, a common aftereffect of a stroke that leaves him unable to hear some spoken words so that he can quickly respond. Instead, he uses devices to transcribe conversations so he can read the words and respond. That has left him frustrated with the social difficulties that presents, one of the aides said.

Dr. Eric Lenze, head of the Department of Psychiatry at Washington University in St. Louis, said he thinks it's "interesting and heroic" for a major political figure to acknowledge depression, "instead of saying they're hospitalized for exhaustion or trying to hide it."

While many members are still loath to talk about themselves or their own hardships, some have been more forthcoming about mental illness in recent years. Pennsylvania Rep. Susan Wild declared from the House floor in 2019 that suicide is a "national emergency" and told the story of her partner, who had recently taken his own life. Rep. Ritchie Torres, D-N.Y., who was elected in 2020, has said he dropped out of college and at times thought of suicide after struggling with depression, substance abuse and grief after the loss of a friend. Smith said she found that ever since she told her own story of periods of depression as a college student and young mother, people still come up to her to talk about it.

Some lawmakers have also been open about their fear and anxiety after the Jan. 6, 2021, Capitol insurrection, when many of them ran for their lives, and the months afterward when tensions between the two parties became even worse. Democratic Reps. Dan Kildee of Michigan and Annie Kuster of New Hampshire both talked about dealing with post-traumatic stress during that time.

The Jan. 6 attack was another inflection point amid the global pandemic.

"We're living in a time of extraordinary stress and crisis," said Maryland Rep. Jamie Raskin, who lost his son to suicide just a few days before the insurrection and has since written a book about his experience. "We've come through a plague, we've had tremendous mental and emotional health problems."

Raskin, who was recently diagnosed with cancer, says there may have been a time when political leaders had to pretend that hardships didn't touch their own families, "but I don't think we are living in that time."

Illinois Sen. Dick Durbin, who has been in the Senate for almost three decades, credits returning veterans from the Iraq war and other conflicts "who have convinced us that this is simple medical, mental health care that many people need from time to time. There isn't a single family that isn't touched by it."

Durbin, the No. 2 Senate Democrat, praised Fetterman for being honest. "This is a challenge, unimaginable challenge, that he's faced in life," Durbin said.

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Pettis County

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Call 660-317-3838
Antique & Vintage furniture, Roseville, Weller, Shawnee & other pottery, art, glassware, antique toys, comics and much more.
Further dates for sale will be Feb 24-25-26 and Mar 3-4-5 and will include additional antiques not in this sale.

NOW HIRING

The City of Knob Noster is currently accepting applications for a full time
COURT CLERK.

Regular hours are 8:00 am to 5:00 pm, Monday through Friday, with a scheduled one hour lunch break each day. Court days, which are generally once per month, will require additional hours based on the docket for the night. Attendance at court proceedings is required. The Court Clerk will also be expected to attend Board of Aldermen meetings two nights a month. Job duties include, but are not limited to, processing communications and correspondence for the Municipal Judge, sending court notices to defendants, answering phones and taking payment at the customer service desk of City Hall. The Court Clerk will also work closely with the Police Department, City Prosecutor, defense attorneys, and the general public. Good verbal and interpersonal skills and attention to detail are a must. The successful candidate must be a self-motivated person with a positive attitude. Prior experience in the municipal court field is highly desired.

The City of Knob Noster offers a competitive benefits package that includes fully paid health insurance for the employee and offers for family coverage as well. Other benefits include vision and dental coverage, paid holidays, vacation and sick leave benefits, City contribution to the LAGERS retirement benefit, and optional term life insurance, cancer, and accident coverage. The starting salary range for this position is $18.00-$20.00, depending on qualifications and experience. Apply at Knob Noster City Hall, 201 N. State, Knob Noster, MO, 65336, or email City Clerk Amy Schouten at aschouten@cityofkn.net.

First review of applications will be Friday, February 17, 2023.
Position is open until filled.

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Game Zone Comics & Games

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Thank you for your prayers, your presence, the flowers, memorial gifts. cards, phone calls, food and other acts of kindness expressed at the death of my husband, our dad and our son.

Thanks to Rev. Rodney Brown for reflecting on the Christian life of Aaron at the service and Heckart Funeral Home and Crematory for their services.

We greatly appreciate your thoughtfulness and kindness.

Melissa, Sons, Gerald and Faye Hunton

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Pettis County

The Sale Continues!
Saturday 9-4
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Men's :dress/casual/hunting.
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Beige fabric recliner.
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End table, lamps, Asst "Holiday-s" decor.
Copper "Arts" Lamp.
Bridge table linens. Dining table cloths. Placemats/napkins.
Serving dishes! Luncheon plate/cup sets. Punch Bowls.
King size mattress set with frame. King linens, bedspreads w/ shams. Blankets. Crafters' stuff...
****Items ON COVERED PATIO:
Gas BBQ GRILL & utinsels.
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Hammock : frame and sunbrella fabric.
Patio table & chairs w/cushions.
Antq. Wooden Baker's table!
Antq. wooden/iron-legged Teacher's desk with hinged slanted top and glass shelf on top, ink well below.
Large st.steel pet cage with sturdy door and sliding under tray.
Live 6' Fig tree in pot and terra cotta potted houseplants.
****. Tour appt only! Inside Furniture!
Oak pedestal round table with four rolling chairs. Dining room modern, wooden table with two leaves, six chairs, and matching lighted china hutch. Restored "Jenny" style twin bed (1940's) and new mattress.
Silver coffee servers, asst silver/crystal dishes etc. Darling antique fainting couch!
Modern tech/Computer desk.
Modern living room, decorator storage trunk with marble top.
1950's & 1960's wooden muskie lures- some with boxes.

Legal Notice

IN THE 18th JUDICIAL CIRCUIT COURT,
PETTIS COUNTY, MISSOURI
CITY OF SEDALIA, MISSOURI
Plaintiff,
vs.
WILLIAM TODD,
DAVID TODD,
SHERYL GILPIN,
JOHN DOE(S),
&
JANE DOE(S)
Defendants.
Case No.: 22PT-CC00149

NOTICE UPON ORDER FOR SERVICE BY PUBLICATION

The State of Missouri to John Doe and Jane Doe, such names representing the any and all unknown residents, aside from William Todd and David Todd, of the property commonly known as 501 East Havey Street, Sedalia, Missouri 65301, and any other unknown residents of the this property described in the Plaintiff's First Amended Petition to Remove Defendants from Dangerous Building and Enjoin Occupancy of the Same (Case No. 22PT-CC00149).

You are hereby noticed that an action has been commenced in the Circuit Court for the County of Pettis, Missouri, at Sedalia, the object and nature of which is to remove residents from dangerous building located on 501 East Harvey Street, Sedalia, Missouri 65301, and to enjoin occupancy of the same, such having the legal description of:

ALL LOTS NUMBERED NINE (9), TEN (10), ELEVEN (11) AND TWELVE (12) IN BLOCK NUMBER SEVEN (7) OF HEARD'S ADDITION TO EAST SEDALIA, AN ADDITION TO THE CITY OF SEDALIA, PETTIS COUNTY, MISSOURI, EXCEPT THE EASTERLY TWENTY-FIVE FEET, AS MEASURED AT RIGHT ANGLES AND PARALLEL TO THE RIGHT OF WAY OF THE MISSOURI-KANSAS AND TEXAS RAILROAD, MISSOURI DEPARTMENT OF NATURAL RESOURCES

In addition to the parties listed above, the names of all other parties to said action, are: the City of Sedalia, Missouri, Plaintiff; William Todd, Defendant; David Todd, Defendant; and Sheryl Gilpin, Defendant. The name and address of the attorney for Plaintiff is Anthony Hernandez, 4031 NE Lakewood Way, Lee's Summit, Missouri 64064.

You are further notified that, unless you file an Answer or other pleading or shall otherwise appear and defend against the aforesaid First Amended Petition to Remove Defendants from Dangerous Building and Enjoin Occupancy of the Same within forty-five (45) days of the date of first publication, on or about February 4, 2023, or such longer time as the Court may fix by Order, Judgment by Default shall be rendered against you.

Witness my hand and seal of the Circuit Court on this 2nd day of February, 2023.

Susan Sadler,
Circuit Clerk
By: /s/Rebecca Cambell,
Deputy Circuit Clerk
4x-2/4, 11, 18, 25, 2023

Legal Notice

Notice to Contractors

Sealed bids for PETTIS COUNTY 8 BRIDGE REPAIRS, will be received at: the County Clerk's office **215 E 5th St, Sedalia, MO 65301** until 10:00 A.M. The bids will be opened at the Pettis County Courthouse, 415 S. OHIO, SEDALIA, MO 65301 at 10:00 A.M. (prevailing local time) on the 8th day of March 2023, at the County Commission Chambers, and at that time will be publicly opened and read. All bids shall be submitted in the form of hard copy attached.

The proposed work includes
Fix 8 existing bridges following the plan for each bridge.
BUNKER HILLL ROAD OVER LAKE CREEK #2570011
CRAWFORD ROAD OVER BEAVERDAM CREEK BRIDGE #0400007
HILLVIEW ROAD OVER SMALLS STREAM #0670009
MAJOR ROAD OVER HEATHS CREEK #1310016
SCHONDELMAIER ROAD OVER TRIB TO GRASSY CREEK #0590021
E SOUTH FORK OVER TRIB TO BLACKWATER RIVER BRIDGE #0510017
W SOUTH FORK OVER BLACKWATER RIVER BRIDGE #0510007
WARE ROAD OVER FLAT CREEK #3410011

Copies of plans and specifications can be seen or purchased for a Non-Refundable fee online at www.drexeltech.com in their eDistribution plan room, additional assistance is available at distribution @drexeltech.com. Information regarding this project can be found in the "Public Jobs" link on the website. Contractors desiring the Contract Documents for use in preparing bids may also obtain a set of such documents from Drexel Technologies; 10840 West 86th Street, Lenexa, KS 66214, telephone number is 913-371-4430. Bidding documents will be shipped only if the requesting party assumes responsibility for all related charges. Corporate, certified, or cashier's checks shall be made payable to Drexel Technologies, Inc. Any questions regarding the project, plans, specifications, or bid documents should be directed to Anderson Engineering, Inc., at 816-777-0400.

All labor used in the construction of this public improvement shall be paid a wage no less than the prevailing hourly rate of wages of work of a similar character in this locality as established by the state wage rate.

Pettis County Commission hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, businesses owned and controlled by socially and economically federated individuals will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, religion, creed, sex, age, ancestry, or national origin in consideration for an award."

Contractors and subcontractors who sign a contract to work on public works project provide a 10-Hour OSHA construction safety program, or similar program approved by the Department of Labor and Industrial Relations, to be completed by their on-site employees within sixty (60) days of beginning work on the construction project.

A certified or cashier's check or a bid bond in the amount of 5% shall be submitted with each proposal.

The project will be awarded to the lowest, responsive, responsible bidder. Pettis County Commission reserves the right to reject any or all bids.

No 2nd tier subcontracting will be allowed on this project.

1x-2/18/2023

Notice to Bidders
Smithton R-VI School District
Sports Complex Fiber Project

The Smithton R-VI School District is accepting proposals from qualified contractors for fiber optic expansion to spaces across our campus. Proposals need to be received at 505 S. Myrtle Avenue; Smithton Missouri 65350 by March 17, 2023 at 2:00 P.M. Work is to be done between June 1, 2023 and August 11, 2023. Winning bidder must present proof of insurance and any required work permits.

This project involves the installation of new fiber optic cable spanning from the main campus to the sports complex. This includes approximately 800 feet of horizontal boring between the main building and a secondary building.

Please contact Michelle Nesler at (660) 343 5316 ext. 103 to request a bid packet. If you have any questions or would like to inspect the site please contact David Bray at (660) 343 5316. The Owner reserves the right to reject any and all proposals.

1x-2/18, 2023





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OPEN HOUSE
Saturday February 25th 12-2:00pm
PUBLIC AUCTION
Real Estate & Content
7065 hwy 50, Sedalia Mo. 65301
Due to health issues, I am unable to finish my remodel & will sell the following at public Auction on:
Saturday March 11th 10:00am 2023

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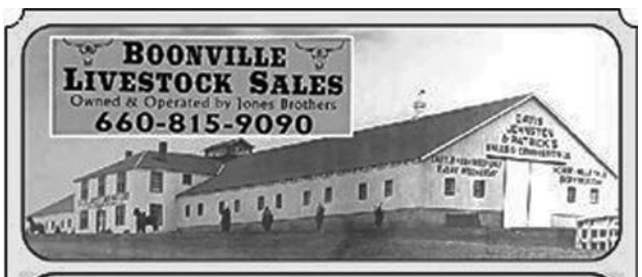



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Ear, nose and throat specialist joins Bothwell medical team

Jonathan Brown, DO, will join the Bothwell Regional Health Center medical team Feb. 20 as a general otolaryngologist. He will see patients at Bothwell Ear, Nose and Throat (ENT) and perform surgeries at the hospital.



Dr. Jonathan Brown

Brown has been a practicing ear, nose and throat specialist since 2004. He most recently served patients at Chickasaw Nation Medical Center in Ada, Oklahoma. Prior to that, he practiced for 12 years in Arizona.

Brown will see and treat patients for most ear, nose and throat conditions, including ear infections (ear tube surgery), hearing loss, chronic tonsillitis (tonsillectomy/adenoidectomy), sinusitis, nasal polyps, nasal obstruction, allergic rhinitis, hoarseness, vocal cord polyps (laryngoscopy/biopsy) and many other conditions.

Keith Morrow, Bothwell Clinic Operations Vice President, said the health center has been without a full-time ENT specialist since late 2021.

"We're excited to have Dr. Brown on the medical team and to have him start seeing patients," he said. "Having his specialty in Sedalia will mean patients will once again have regular access to high-quality, specialized care without having to leave the area for treatment."

Brown grew up in New England and earned his medical degree at Western University of Health Sciences in Pomona, California. He completed a residency in otolaryngology at Genesys Regional Medical Center in central Michigan. He said he chose the ear, nose and throat specialty because it incorporates both surgery and medical treatments for patients of all ages.

"I have been a solo practicing otolaryngologist for over 18 years and see and treat patients of all ages," he said. "I have chosen to practice in smaller communities where I have been able to see and treat a variety of different conditions."

Brown said he's ready to put down roots in Sedalia and get to work caring for patients.

"I believe in living in the community where I practice," he said. "I am a warm, caring and experienced physician who puts my patients' care first."

To schedule an appointment to see Brown, call Centralized Scheduling at 660-829-8888 or Bothwell ENT at 660-826-5226. The ENT clinic is located on the third floor of the Bothwell Healing Arts Center at 3700 W. 10th St.

Bothwell K9 officer project moving forward

The Bothwell Foundation's fundraising campaign to add a K9 officer to Bothwell Regional Health Center's Security team has surpassed its goal. The foundation launched the campaign last summer by educating the community on the alarming trend of increasing violence at the health center.

In 2022, employees made 13,735 calls to Bothwell's Security team for assistance. There were 49 incidents of violent patients or visitors, 274 combative patients, 54 weapons confiscated, 30 employees assaulted, and the Sedalia Police Department was called 29 times for support.

Todd Nappe, Bothwell Security director, said it's these statistics that prompted leadership to pursue adding a K9 officer. The highly trained dog will improve employee, patient and visitor safety and help de-escalate volatile situations.

"The violence occurring in medical facilities these days is growing and happening here and across the country," Nappe said. "I have seen firsthand what a trained K9 can do when they are on scene. Some people won't hesitate to kick, punch or bite another person, but when a trained K9 is there, the behavior and attitude changes dramatically."

Last year, Nappe was part of a team that visited CoxHealth in Springfield to research that health system's K9 team and brought back valuable information, including the name of the trainer who selected their dogs and trained their handlers.

Al Gill, owner of Von der haus Gill German Shepherds in Wapakoneta, Ohio, was a K9 handler/trainer for 17 years working in large law enforcement agencies. Since 1984 he has trained or helped train over 2,000 dogs and selected or imported more than 3,000 police working dog candidates.

See K9 | C2



Bothwell Regional Health Center's new yearlong nurse residency program allows new nurses to receive additional education, direct clinical experience and emotional support on the path to becoming practicing nurses. The program begins two times in January and June. Applications are accepted from nursing students preparing to graduate within the next six months or graduate nursing students who have fewer than 12 months of experience. Back row, from left, Faith Smith, RN; Kennedi Choate, RN; Kassidy Abney, LPN; and Lexi Molina, RN, nurse residents. Front row, Megan Elwood, RN, BSN, CEN, Nurse Residency program coordinator, and Mattie Green, RN, nurse resident. Hailey Dunnavant is not pictured.

Setting new nurses up for success

Working to combat an ongoing nursing shortage and high national turnover rates among new nurse graduates, Bothwell Regional Health Center has launched an immersive nurse residency program.

A residency is a stage of training and education after earning a medical degree, most often associated with physician training. Nurse residencies are increasingly becoming the norm for hospitals after a standardized program was designed in 2000 by the American Association of Colleges of Nursing and the University HealthSystem Consortium.

New nurses can experience challenges, including unexpected roles, stress, time management and lack of confidence, and many of them consider leaving nursing soon after earning their degrees. According to several studies over the last 15 years, between 17% and 30% of new RNs leave nursing their first year and between 30% to 57% leave their second year.

Megan Elwood, RN, BSN, CEN, Bothwell's Nurse Residency program coordinator, said the program is designed to combat those difficulties and help ease the transition from the classroom to bedside care.

"While new nurses get academic training and some clinical experience in nursing school, they can sometimes come to us without a lot of direct patient care," she said. "That move from classroom to patients can be a big leap. We wanted to flip the script on how we train our new nurses and set them up for success."

Moving from a previous six-week onboarding to a yearlong program means new nurses have more time for ongoing education and patient care under the supervision of veteran nurses. Residents are assessed individually and receive a training plan designed specifically for them and their clinical skills.

In the program, residents meet with their group twice a month for the first six months and then once a month during the last half of the year. This classroom time is built into each resident's full-time work schedule in departments throughout the hospital.

"In class, we'll discuss their experiences and what challenges they may be having and learn from each other," Elwood said. "There will be opportunities to learn from others and use our new virtual reality simulator to practice situations they may not have seen yet."

The residents will also do daylong rotations in the hospital's oncology, perioperative services, emergency, critical care and respiratory therapy units.

"These specialty clinicals will allow them to see what happens in other units and how departments work with or are dependent on each other," Elwood said. "It creates a line of communication and mutual respect for what other nursing professionals do at the hospital."

Six nurse residents are in the first program that started in January. Three graduated from State Fair Community College, one from University of Central Missouri, one from Elmhurst University and one from Warrensburg Area Career Center.

Mattie Green and Faith Smith both graduated from SFCC in December and recently passed the state exam to become Registered Nurses. While they have taken different routes on their paths to becoming nurses, they both agree on the benefits of the residency program.

See NURSES | C2

Health center has free Narcan available

Medication helps reverse opioid overdose effects

After months of providing naloxone to the Sedalia Police Department, Pettis County Sheriff's Office and other agencies and schools, the Pettis County Health Center has a free supply of the opioid rescue medication for individuals.

When given in time, naloxone can quickly reverse the effects of opioid overdose and prevent death by restoring normal breathing, usually within one to three minutes. Narcan nasal spray is the most dispensed naloxone brand and requires no medical training to administer.

Drug overdose is the No. 1 leading cause of death among adults aged 18-44 in Missouri, according to the Missouri Department of Health and Senior Services. In 2021, more than 1,580 Missourians died from an opioid overdose — the majority from synthetic opioids such as fentanyl. The opioid class of drugs includes heroin, fentanyl, methadone, morphine, oxycodone and many other prescription and non-prescription pain relievers.

See NARCAN | C4



Opioid rescue medication is now available for individuals at the Pettis County Health Center. When given in time, naloxone can quickly reverse the effects of opioid overdose and prevent death.

Bothwell Regional Health Center welcomes four new board members

The Bothwell Board of Trustees has four new members after the Sedalia City Council approved at its Dec. 19 meeting to appoint two new members to fill uncompleted terms and expand the board from seven members to nine.

Mayor Andrew Dawson appointed and Council approved Dr. Gregory Doak, a retired Bothwell physician, to complete former board chair Stafford Swearingen's term and John Kehde, former Sedalia mayor, to complete former board member Arwilda Poole's term. Swearingen and Poole both resigned from the board in December.

New members are Jo Lynn Turley, Legislative and Community program manager at State Fair Community College, and Dr. Michael Murders, Academic and Student Success vice president at State Fair Community College.

Dawson, who became a board member following his election in April 2022, said that over the course of his time on the board, it became clear that the commitment for all members is significant.

"The amount of ground that needs to be covered by the Bothwell Board of Trustees is substantial," he said. "I believe that one needs to keep in mind that these are volunteer positions, so my thought on expanding the board was to spread the workload so that each member can be more effective in their role."

Jo Lynn Turley



Jo Lynn Turley

Jo Lynn Turley will serve a four-year term and brings more than 20 years of public board experience to the table. From 2012 to 2019, she represented the first ward on the City Council, and she was a member of the Sedalia Park Board from 2000 to 2012.

"Trustee Turley has valuable experience working as a member of two public boards, and she is also respected throughout our community," Dawson said. "Now residing in Benton County, my hope is that she can bridge the gap between both service areas and be a voice for that county. I see great potential for our Warsaw clinic as a rural health clinic."

Turley's goals are to support Bothwell in providing services and recruiting health professionals. She said she agreed to serve on the board because she believes in local access to quality health care.

"I am grateful to the city for the investment made in supporting that effort," she said. "I want to be an educated and logical voice in the fiscal responsibility and quality competitive growth of services provided to the area Bothwell serves."



Dr. Gregory Doak

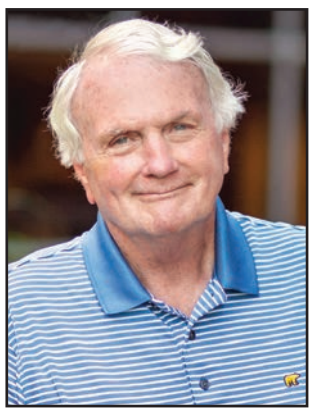
Dr. Gregory Doak

Dr. Gregory Doak, an internal medicine specialist, served on the Bothwell medical team from 1988 until his retirement in late 2022. He also served six years as Chief of Staff. Council appointed Doak to complete Swearingen's term that ends in June 2023.

"With well over 40 years of experience, Trustee Doak has a wealth of institutional knowledge," Dawson said. "He understands the challenges that exist for today's doctors and health sciences professionals. I firmly believe he will be valuable in coming up with creative solutions to meet those challenges."

Doak said his appointment offers him a way to provide "faithful service" to the community.

"This community and this hospital have done so much for me," he said. "Serving on the board is an opportunity to use some of my past experiences and education for the advancement of Bothwell."



John Kehde

John Kehde

Former Mayor John Kehde previously served on the board from 2018 to 2022 after the Mayor and City Administrator positions were added as board seats. With this new appointment, he will complete Poole's term, which ends in June 2025.

"Mayor Dawson and I had a discussion in regard to the hospital and he asked me to serve again," Kehde said. "After considerable deliberation, I believe it's my civic responsibility. John Bothwell and his fellow visionaries realized that the hospital was important to the successful development of Sedalia and that vision rings true today. My passion is for Sedalia and to maintain Bothwell as a relevant hospital along with relevant amenities."

Dawson said Kehde's recent time on the board will be an asset.

"He understands the importance of Bothwell Regional Health Center to the economic vitality of the region as well as the overall health of the community," he said. "And he knows that financial stability is the key to moving forward."

Dr. Michael Murders



Dr. Michael Murders

While he is new to the community, Dr. Michael Murders brings a deep background in health care education to the board.

"My background in health care includes working with multiple health care education programs, health care advisory boards and hospital administrators, and my late spouse was a nurse," he said. "My goals are to support hospital administration in reaching their goals, to provide independent oversight of management, finances and institutional quality, to build community relationships, to set strategic direction, and ensure ethical standards, values and compliance with rules and regulations."

Dawson said he believes Murders' commitment to workforce development will be a unique perspective for the board.

"SFCC has the number one nursing program in the state of Missouri," Dawson said. "Attracting skilled labor and, more specifically, qualified health science professionals will be a challenge for the foreseeable future. It is my hope that Dr. Murders' presence on the board strengthens the relationship between Bothwell and SFCC and we are able to capitalize on any opportunities to work together."

Like many health care organizations across the country, Bothwell continues to cope with ongoing workforce challenges, rising expenses, slow-growth revenue and supply chain issues. Despite these stressors, Dawson is optimistic the board and leadership team will work together to ensure Bothwell's place in the community.

"If we want to continue to have a strong community and enjoy economic prosperity, we must support our public health system and be good stewards of the gift from our community and the late John Bothwell," he said. "I am grateful to each board member for stepping up and making the sacrifice to take an active role for the betterment of our community."

With Swearingen's departure, Deidre Esquivel is now board chair and Kelvin Shaw, Sedalia city administrator, is vice chair. Dr. Paul Bassett remains as secretary/treasurer, and other members include Dawson and Cam Jennings.

The board meets at 5:30 p.m. on the fourth Tuesday of each month at Bothwell hospital.

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Nurses

From Page C1

"I wanted to be a nurse my whole life, but life happened," Smith, 45, said. "I didn't get into health care until 2020 when I started at Bothwell as a CNA and then I got my nursing degrees. The residency program is like having training wheels, which is such a relief. The support is great."

Green, 22, agreed, and said Elwood is an important part of the program.

"Megan is so personable and accessible. If any of us needs something, anything, she's there to help," she said. "It's like having a comfortable blanket."

Lexi Molina received her bachelor's degree in Nursing from UCM and did an internship at Bothwell after doing clinicals in Kansas City. She said she joined the residency for the promise of that supportive network.

"I got the most and best experience at Bothwell, and I'm just so grateful," she said. "Nursing is scary. Lives are in your hands, and things can get messy. I want to be as prepared as possible and knowing we have the support of our group and other nurses means a lot to our confidence."

The residents recently had a welcome luncheon with unit managers, other nurse leaders and the CEO to share their stories and receive advice. Elwood said this "soft landing" component is key to the program.

"We are not only providing them classroom and clinical education but emotional support," she said. "Nursing is hard work. There will be good days, and there will be bad days, and we need to celebrate and support each other professionally and personally."

Currently, 153 Registered Nurses are working in the hospital. Twenty-three are contract RNs working temporarily due to a lack of applicants for 33 RN openings. With a nursing shortage happening not only at Bothwell but nationally, Elwood said a residency program makes sense.

"We believe the program will help us address issues with burnout, increase the odds of retaining new nurses and give us a competitive edge when recruiting other nurses," she said. "Best of all, it will create great nurses to care for our patients."

K9

From Page C1

Gill and his team will train Bothwell's dog and handler during a six-week training session starting in early April. Before training starts, Gill will select one or more dogs that he may already have or that arrive from Germany, Slovakia or the Czech Republic. Because this dog will be working in a hospital, Gill said he's looking for specific characteristics.

"We want a strong searcher, yet social and clear-headed," he said. "He or she must be very social as a lot of what they will be doing is therapy-based work. They have to be comfortable on slick floors and protection/bite work needs to be normal or better. That just means they can do the work when called on but that their main focus is on therapy."

Bothwell's dog will also be trained in explosive detection, which means it will be available to assist local, county or state law enforcement agencies if needed.

"With the addition of this dog, we will be the only local explosive detection K9 team," Nappe said. "The next closest is at Whiteman Air Force Base, so having the ability to provide that service will allow for faster response times when area agencies need help during searches or at events."

Training for Bothwell's dog will include patrol, obedience, tracking, handler protection and explosives. The handler and dog will be exposed to live gunfire, water work, and, if possible, public demonstrations and real search work. In addition to skills training, Gill said the desired outcome is for the handler and dog to bond.

"We put in long days, sometimes 10 to 12 hours a day, and training is intense," he said. "The handler needs to be highly motivated and put in the required extra work."

After training and the K9 has been established with a local veterinarian, the dog will be introduced first to the Bothwell employee community in June and then to donors who supported the campaign. More than $52,000 was raised to pay for the dog, training, and a specially equipped vehicle, as well as health care, food and equipment costs. Donations for additional and ongoing costs are still being accepted by the Bothwell Foundation.

"We're really grateful to the foundation and to everyone who has supported this project, and we're super excited for the dog to get here," Nappe said. "The safety of our patients, employees and visitors is a high priority for us. I believe the sheer presence of a K9 in the hospital will benefit everyone."

Health in the Democrat

The Health section is a partnership between the Sedalia Democrat and Bothwell Regional Health Center. It is published quarterly to update area residents on health care topics and issues. Content was provided by Bothwell with contributions from various area health-related organizations.



Bothwell Regional Health Center is renovating this building at 700 S. Hancock Avenue that will include Bothwell's second walk-in clinic and Eldenburg Family Practice.

Family medicine clinic moving in March to Bothwell's new medical building

Walk-in clinic to open in summer

Bothwell Eldenburg Family Practice, one of Bothwell Regional Health Center's three Sedalia family medicine clinics, is moving to a new location.

The clinic, currently located at 700 S. Limit Ave., will move to Bothwell's new medical building at 700 S. Hancock Ave. that the health center purchased in April 2022.

Vice President of Clinic Operations Keith Morrow said Bothwell purchased the building as part of its overarching goal to increase access to health care services.

"We're excited to expand Bothwell's footprint on Sedalia's east side," Morrow said. "During discussions on consolidating our family medicine practices, Dr. Eldenburg expressed interest in moving to the Hancock building. The bonus for the community is not only will the building have an established family medicine practice but also a convenient walk-in clinic that can serve a new part of town."

Bothwell Facilities staff is renovating the building and the Eldenburg clinic will move in around mid-March. The walk-in clinic is planned to open this summer. Bothwell already has a walk-in clinic located on the first floor of the Healing Arts Center at 3700 W. 10th St.

The phone number for Bothwell Eldenburg Family Practice will remain the same at 660-827-7998.

Bothwell meets standards to provide timely heart attack care

The Missouri Department of Health and Senior Services (DHSS), Time Critical Diagnosis Unit has designated Bothwell Regional Health Center as a Level III Missouri ST-elevation myocardial infarction (STEMI) Center.

STEMI is a serious type of heart attack where one or more of the heart's major arteries that supply oxygen-rich blood to the heart is completely blocked.

As a Level III STEMI Center, Bothwell meets multiple standards to provide definitive and timely treatment for patients suffering a STEMI attack. The standards ensure patients are diagnosed and treated quickly at Bothwell and transferred to a higher level center with a Cardiac Catheterization Laboratory (Cath Lab) to reopen the blocked artery.

Michele Laas, RN, BSN, MSN, Bothwell's Chief Nursing Officer, said the health center has a partnership with Boone Health in Columbia that ensures a smooth transition of care from Bothwell to their Cath Lab.

"We have ongoing open lines of communication with Boone Health where most of our STEMI patients are transferred," Laas said. "In addition, our relationship with Dr. Marquez with Missouri Heart Center's Sedalia office and our own outpatient Cardiac Rehabilitation program allows patients to return home for follow-up care."

Since Bothwell was first designated a Level III STEMI Center in March 2021, the Emergency Department team has treated 68 patients for STEMI attacks.

Laas said achieving the designation a second time is an indication of the health center's commitment to caring for its community.

"In heart attacks, minutes count," Laas said. "The state requires stringent standards of timely care, and our entire team has practiced and worked hard to cover all our bases. This designation ensures that when someone is having a STEMI attack and they arrive at our door, we are providing them the highest level of emergency care."

According to the Missouri DHSS, there are four levels of hospital designations in the state's Time Critical Diagnosis System. Currently, there are 25 Level III STEMI Centers that play an important role in providing access to the system and essential patient care in non-metropolitan areas.

"Bothwell is a rural hospital serving a rural community," Laas said. "Our role as a STEMI center is critical to improving heart attack care and saving lives. I'm extremely proud of our team for working together to achieve this designation."

In the event of someone showing signs of a heart attack, 911 should be contacted immediately. These signs can include pain or discomfort in the chest, arm or shoulder, shortness of breath, feeling lightheaded, nausea or vomiting, or jaw, neck or back pain.

The Joint Commission
American Heart Association
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Caring for the whole patient

Behavioral health consultants add new dimension of care



Dr. Robynne Lute, licensed psychologist, front; Carolyn Gibson, doctoral psychology intern, middle; and Sarah Price, Bothwell TLC Pediatrics nurse practitioner, back, shared information about the role of behavioral health consultants embedded in primary care at the Bothwell Foundation's Community Relations seminar last fall.

Dr. Robynne Lute was in the middle of a virtual meeting when she received a call on her cell phone. Breaking standard meeting etiquette, she took the call while the meeting continued. After hanging up, she apologized to the group and explained it was about a patient in immediate need.

"It was a call from a nurse at a clinic," Lute said. "They had a patient in their office who needed special behavioral care. When they need me, I answer."

Lute is a licensed psychologist and leads Bothwell Regional Health Center's Behavioral Health Consultant team that provides short- and long-term behavioral health services to patients at several Bothwell clinics.

"A Behavioral Health Consultant is a trained professional, such as a licensed psychologist or social worker, who is embedded within a primary care medical setting," Lute said. "We partner with the clinic team to assist patients with behavioral changes related to overall health and well-being."

This team was formed last summer and includes Lute and two doctoral psychology interns, Carolyn Gibson and Amanda Williams. Their goal is to increase same-day access to care for children, adults and families struggling with chronic health conditions, mental health concerns or substance use that impact their health.

"This whole person, team approach means we can step in when a patient has a need on the same day as their appointment with their physician or provider," Lute said. "They may need help related to a new diagnosis like diabetes or a mental health concern such as grief that deserves more time and attention. This allows patients to feel heard, to gather information and to gain new skills related to their specific situations."

Gibson sees patients at Bothwell TLC Pediatrics, while Williams sees patients at Bothwell Family Health and Bothwell OB/GYN Associates at the Healing Arts Center. Lute provides services to those same clinics as well as at Bothwell's Warsaw clinic.

Since the program began, 250 patients from age 3 to their 90s have been seen by Lute, Gibson or Williams. The most common mental health diagnoses are adjustment concerns, depression, anxiety, trauma and caregiver stress. The length of treatment can be just one visit, while others may meet with a behavioral health specialist for five or six visits. When needed, the team can provide referrals to psychiatric services or long-term mental health services that are better served outside of primary care.

"In the clinics we serve, we see a lot of children and families struggling with ADHD, family stress or oppositional behaviors," Lute said. "Others have chronic pain, diabetes or high blood pressure. Additionally, we see many women who benefit from extra support and care before, during and after pregnancy."

The services are possible due to a grant from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services and a partnership between Burrell Behavioral Health and Bothwell.

HRSA awarded the three-year grant to the National Psychology Training Consortium (NPTC), which is an internship program that prepares entry-level psychology practitioners to work in health care settings and provide mental health services. Burrell is a consortium partner and selected Bothwell because of a shared mission to create access to quality health care.

Gibson said the integrated behavioral health consultant model at Bothwell has "opened doors" that provides extra support for physicians who no longer need to refer patients elsewhere and allows patients access to more specialized care without waiting.

"It's incredibly rewarding to be able to help a patient understand what they're experiencing and that there are skills and steps they can take to improve their symptoms and their overall quality of life," she said.

Gibson and Williams will graduate with their doctoral degrees in psychology this spring and end their one-year clinical training in July. Lute said two new interns will join the program in August.

"Bothwell's willingness to engage in this sustained integration of behavioral health providers into their primary care clinics is no small undertaking," Lute said. "It would not be nearly as successful without the commitment of administration, as well as the hard work by the entire team, including customer care specialists, IT, billing, scheduling, nurses, providers and clinic directors."



Swearingen instrumental in foundation transformation

For 11 years, Stafford Swearingen has been a fixture at Bothwell Regional Health Center, serving in many volunteer roles. He joined the Bothwell Foundation Board of Directors in 2011 and held terms as vice president and president. In 2019 Swearingen was appointed to the Bothwell Board of Trustees yet remained on the foundation board as trustee liaison.

After moving out of state in December, Swearingen left his trustee position; however, he is still a Bothwell Foundation board member.

Lauren Thiel-Payne, foundation executive director, said Swearingen's decade-long leadership has been instrumental in the foundation's success and plans, citing his genuine warmth, community connections and desire to lead by example.

"Stafford is so welcoming to everyone and is an amazing asset to our board," she said. "His knowledge of Sedalia — the history, community, businesses, really everything, has been so beneficial to me as well as the hospital. He also is the first to volunteer for an event, participate in new ideas and be there to lend a helping hand."



Stafford Swearingen

Over the past 18 months, the foundation has focused on growing its volunteer base by moving away from multiple events to increasing awareness of the health center, creating giving programs that anyone can participate in and thereby increasing the amount of support the foundation provides Bothwell. Thiel-Payne said one of Swearingen's greatest accomplishments on the board has been his involvement in that transformation.

"Stafford wholeheartedly believed in the need to elevate the foundation and promised to recruit six new board members and help recruit six committee chairs," she said. "He has stayed true to his word and helped us accomplish those goals."

Swearingen said making the decision to change the direction of the foundation was easy and means ensuring the future of Bothwell Regional Health Center.

"Our hospital cannot survive in its current form without a thriving, growing and prospering foundation to financially support it," he said. "Bothwell's payer mix, which is the percentage of revenue that comes from private insurance, government insurance and self-pay patients, and the changing employment picture dictate an alternate source of funds for the hospital to continue to provide the services needed to keep our patients close to their homes and families."



In 2019 as foundation board president, Swearingen presented Cliff and Ascher Callis with a race award at the foundation's annual Lub Dub 5K/10K Walk/Run.

The foundation is a nonprofit organization formed in 2005 to assist Bothwell Regional Health Center and provide resources to keep health care local, state-of-the-art and close to home. In 17 years, more than $4.5 million has been given to Bothwell by the foundation through fundraising, special events and sound investments.

The foundation's new structure has added six volunteer-led committees, including Special Prospects, Annual Giving, Community Relations, Employee Giving, Business Relations and Planned Giving. Adding in existing Wear Red for Women and Lub Dub committees, foundation volunteers now total more than 100. With a team that includes just one full-time and one part-time paid foundation staff members, recruiting volunteer talent and resources is critical to the organization's ability to create awareness and raise funds.

"For the foundation to thrive, we have to have a strong volunteer base," Thiel-Payne said. "We rely on volunteers to drive our committees, help share our message with the community and support our mission. We wouldn't be here without our volunteers."

While COVID-19 placed incredible financial strains on Bothwell for the last three years, Swearingen is confident Bothwell is in good hands.

"These people are the best," he said. "The current leadership team, hospital and foundation boards, employees and volunteers are doing everything they can to ensure that those who need medical care are going to receive the best care they can deliver with the resources available. We simply need this hospital to flourish if our community is to grow and thrive."

While Swearingen and his wife, Gena, now live in Cave Creek, Arizona, it doesn't mean he won't still be involved in the community and the foundation as a board member.

"It has truly been an honor to serve on the foundation and trustees' boards and give back to an institution that has done so much for my family when needed," he said. "Now, I'm just a regular Joe, but hopefully still contributing and making a difference."



In May 2022, Swearingen helped congratulate and present awards to staff during the foundation's funding award ceremony.



Swearingen was the first to volunteer for the Bothwell Foundation's first Celebrity Bartender event in 2017 with a unique drink entry and clothing to match.

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Narcan

From Page C1

Malinda Nevils, Pettis County Health Center Registered Nurse, said many types of people are at risk of opioid overdose, including patients prescribed opioids for pain reduction or management, children who accidentally ingest the drugs in a home or people using illicit opioids or misusing prescription opioids.

"While every person is different, there are some people who have a higher chance of experiencing an opioid overdose than others," Nevils said. "Anyone who has overdosed before, has a history of substance abuse disorder, has problems with lung functioning, are on a higher dose of opioids or who has a history of depression or suicide are at risk."

Signs of an opioid overdose include unusual sleepiness, unresponsiveness to voices or shaking, shallow breathing or not breathing, small "pinpoint" pupils, gray or blue lips and fingernails, and/or cold or clammy skin.

"Many times friends, family or witnesses are present during an opioid overdose," Nevils said. "With knowledge and the right tools, these bystanders can help prevent overdose deaths. Anyone can carry Narcan, give it to someone experiencing an overdose and potentially save a life."

It can take anywhere from 30 seconds to five minutes for a dose of Narcan to take effect, depending on the route of administration and the amount of opioids in someone's system.

"It's important that after the first dose of Narcan is given, to call 911 for help," Nevils said. "Rescue breathing or CPR may be given while waiting for emergency medical assistance."

Missouri's "Good Samaritan" law protects people who call 911 from arrest and prosecution for possession of drugs or paraphernalia. Under this law, the person who actively seeks emergency medical help in the instance of an overdose or other medical emergency and the person experiencing the medical emergency will be protected from minor drug and alcohol violations.

Due to several funding sources, the health center has a healthy supply of naloxone for public use.

"We received a large supply of Narcan through the MO-HOPE Project many months ago; however, that grant program ended," Nevils said. "We now have an agreement to receive our supply from the Missouri Institute for Mental Health at the University of Missouri-St. Louis."

The Missouri Institute for Mental Health is managing funds from a $458 million settlement the state of Missouri received in February 2022 to fund drug treatment and prevention programs. The funds are part of a settlement with Johnson & Johnson and three other drug distributors. These settlements will be paid out over a term of 18 years.

Individuals who want naloxone can get it from the health center for free, Nevils said.

"People need to simply walk in and tell our receptionist they are interested in Narcan," she said. "We don't ask any questions as to why it's needed, nor do we ask for any identification. We provide one box of Narcan that has two nasal spray applications and educational materials on the signs of an opioid overdose. We tell people to think of it like a fire extinguisher. You have them on hand but hope that you never have to use them."

The Pettis County Health Center is located at 911 E. 16th St.