



THE PEOPLE'S TRIBUNE

NEWS FOR PIKE, EASTERN AUDRAIN & NORTHERN LINCOLN COUNTIES

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Another Bowling Green Tourney Is In The Books

By Brice Chandler
Editor

The 99th Annual Bowling Green Tournament is in the books with a week of excitement and heartache, despite challenging weather early in the week. School cancellations and icy roads on Monday led to an opening round of a whopping eight games on Tuesday.

The two biggest matches of the tournament came down to the Clopton ladies facing Winfield on Friday, Jan 26 for the girls championship, and the Van-Far Indians taking on the Clopton Hawks for the top hardware in the boys bracket on Saturday, Jan 27.

The Clopton Lady Hawks earned their way to the championship after a 74-39 win over Van-Far in the opening round and then defeating Louisiana 60-28 in the semifinals. They kept the fire stoked for the championship round against the Lady Warriors.

They held on to a narrow two-point lead after the first quarter and only increased it slightly in the second quarter. That all changed in the third quarter.

The Lady Hawks dominated the third quarter, outscoring Winfield 20 to 5. Some good defensive stops helped Clopton's Tinleigh Spoonster set fire to the net by sinking 3 three-pointers, along with one from Charleigh Spoonster. Ashlynn Noah added six points to the scoreboard in the third quarter and Braya Smith sinking a layup.

The Clopton ladies combined defense and offensive game continued to keep the Lady Warriors from rallying. The Lady Hawks claimed the championship hardware 59-37.

Prior to that game, Louisiana took on Elsberry for third place trophy. The Lady Bulldogs came out strong in the first quarter, outscoring Elsberry 8-2. It

was all Louisiana's Regan Bowser that quarter with a pair of three pointers and making a drive for the net to pick up two at the buzzer.

Louisiana maintained their lead through the second quarter, but Elsberry was starting to find their groove with Grace White picking up six points Mya Pflasterer putting up two.

It was the third quarter that spelled the Lady Bulldog's doom. Elsberry out scored the Louisiana ladies 16 to 5, taking the lead 26-18.

The Lady Bulldogs fought back in the last quarter, scoring 11-points and coming to within one point of taking the lead when Emily Powell scored on a layup.

A long pass to Elsberry's Grace White resulted in a bucket for two, which sealed the victory for the Lady Indians.

For the girls consolation game, Silex fell to North Callaway in close match before the Lady Thunderbirds scored some unanswered points near the end. The Lady Owls took a tough 66-59 loss.

In what was probably the biggest match of Saturday night's games, the Van-Far Indians battled Clopton in a fast-paced championship game.

The Hawks struck first directly after the opening tip off with Cash Eivins sinking one from just inside the three-point arch. That was immediately answered by Van-Far's Carter Jennings with a three-pointer. A back-and-forth battle ensued, with the Indians edging out Clopton 15-12 in the first quarter.

The Hawks were far from out of the game. They outscored Van-Far 16-8 in the second quarter and take the lead with Jordan Jennewein and Adam Lindsay shooting a pair of three-pointers. The Eivins brothers put ten points on the scoreboard between them (Cash 4 and Kain 6). Nikos Connaway and Pacey

Reading each netted a three-pointer along with Caison Huff picking up two from the charity line to keep Van-Far in the game.

The Indians turned up the heat in the third quarter netting 16 points against Clopton's 7. Going into the last quarter, Clopton trailed by four points.

Fouls hurt the Hawks in fourth quarter as the Indians scored 6 out of 10 free-throw shots. They went on to score 23-points in the last quarter, while Clopton only put up 11-points.

Kain Eivins was the Hawks top scorer with 16-points with his brother just shy of that with 12.

Van-Far's Nikos Connaway was the top scorer of the game with 19-points. Pacey Reading was just behind that with 16-points.

The hometown favorite Bobcats faced Winfield for third. Bowling Green kept it close during the first quarter, but the Warriors kept pressure on the Bobcats shooters and forced them to the outside. Zach Gibson and Jace Eskew took advantage of that. Both were a dangerous pair sinking three-pointers—Gibson hitting 3 and Eskew 4—along with Ryan Hall who put in one in the third quarter. Despite initially keeping pace, Winfield continued to extend their lead and eventually won the game, 60-46.

Eskew racked up 18-points, Gibson put up 11, Ryan Hall netted 7, Hank Welch scored 3, Aiden Grote added another 2, and Oliver Niemeyer with one. Earlier in the day, the Elsberry Indians claimed the consolation hardware after defeating five seeded North Callaway 49-40.

The People's Tribune wishes to congratulate all area athletes and staff for another great Bowling Green Tournament. Visit our Facebook page to see more pictures of all the action.

January History Nuggets

By Brent Engle
Contributing Writer
Mules at the White House

The Pike News wondered in January 1907 if Congressman Champ Clark would follow through on his boast to ride down Pennsylvania Avenue past the White House behind two Missouri mules. The paper said a Pike mule "is more vivacious and takes a deeper interest in his country's welfare" than animals from other places. Champ decided against it.

Curryville or Potato Town?

In January 1877, a dinner guest at a home near Curryville offered his thoughts about the community. The older gentleman regaled the gathering with his opinion that it would be a good idea to burn Curryville to the ground and plant potatoes in the ashes. "Tis evident that he hadn't a very exalted opinion of Curryville," the Mexico Ledger noted.

No cup of kindness here

In January 1846, the Democrat Banner of Bowling Green just couldn't understand why the new year was such a cause for celebration. "Next to a funeral, this, to us, is the most mournful of all occasions."

NECAC Earns Top Federal Rating

NECAC has received a top rating for administering a federally-funded rent-assistance program.

The agency earned a 100 percent score from the U.S. Department of Housing and Urban Development (HUD) for its performance in administering the Housing Choice Voucher Program in Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Shelby and Warren counties. NECAC also administers the program in St. Charles County, where a score will be determined later this year.

NECAC was one of 24 housing agencies in Missouri tested on the HUD annual Section Eight Management Assessment Program (SEMAP) monitoring and evaluation system. The agency has contracted with HUD for more than 40 years to administer the program.

"This is HUD's way of testing and monitoring which housing agencies and authorities are doing a good job of administering the programs in an efficient, effective manner

for more than 17 years," said NECAC Housing Voucher Director Dianna Clair. "We're very pleased. This reflects highly on the work quality of the work we do. Our staff is making sure that tenants are receiving decent, affordable and safe housing, and that landlords are receiving top-quality customer service."

NECAC was the motivating force that brought the Section 8 program to Northeast Missouri in the mid-1970s. The agency administers more than 2,400 HUD Rental Assistance vouchers in its service area.

The SEMAP assessment tested NECAC in 15 areas of its administration of Section 8, including timely annual inspections of the private houses, apartments and mobile homes used in the program; lease-up rates; payment standards; and determination of the tenants' adjusted income.

For more information on the program, please call the local NECAC County Service Center or NECAC Central Housing at 573-324-2055.

Watch The Feb. 20 Issue Of The People's Tribune As Area FFA Chapters Celebrate National FFA Week!

Bowling Green Little League Seeks Public Input On Possible New Facility

By Brice Chandler
Editor

This weekend, the Bowling Green Little League showcased the concept design for a potential new sports facility via social media. The impressive design with four baseball diamonds quickly caught the community's attention and excitement.

"[We] held our annual yearly meeting today," The Bowling Green Little League's post read. "Registration information will be coming home with your child Feb. 5."

That alone has many excited for the upcoming season, but it was the image shared along with the following that really captured people's attention.

"In addition to that, conversations were had about building a facility to better our program and bring more opportunities for our area and safer fields. We want to see what community support we could get for this as it will be a big step and process to have done."

According to a representative with the Bowling Green Little League, the organization has been bouncing around the idea of building a new facility for the last couple of years. And the concept

design is something they previously saw and thought would be a good starting point.

"Ideally, we'll sit down with someone who can design a layout and present a final copy of what we will be doing," the representative told the Tribune. "This has been discussed for a couple of years now on how we could improve our program. We feel like this is a great way to do it and also to bring in bigger opportunities for our area."

According to the organization, safety is one of the primary reasons they're exploring the possibility.

"A big thing to come from this is having safer fields for our youth to play on. Our current fields need a lot of work to get them to where we think they need to be."

But they also feel a bigger, more modernized facility would allow for greater opportunities to expand the league and the community as the city continues to grow.

"This would bring in better opportunities for our youth program," the organization's representative explained. "There is so much out there that can come from this not just our local league, but also for our town."

As for location, the group

is still working on that aspect.

"The city has reached out as being interested in possibly working with us. We're going to address that in an upcoming meeting with them. If that isn't something that will work for them, then we'll look outside of town. But hopefully still near town, so that our community will still benefit from everything will be able to offer."

Despite the growing buzz around the concept design of a new facility, it's still in the early stages of development.

"What we are asking from the public is just for support," the Bowling Green Little League continued. "It's going to take us all, not just our board, to make this something. If anyone businesses or anyone who feels the need or wants to help us, we will take it! We know this isn't going to be cheap or easy, but from the support we have already gotten, we feel like it will be successful. If anyone has any questions or ideas, please feel free to reach out to us. We appreciate everyone's support and feedback as we jump into this!"

We will continue to update as this story develops. For more information, please contact the Bowling Green Little League on Facebook.



Pictured is the Van-Far Indians along with cheerleaders and coaches after defeating Clopton for the championship title during the 99th Annual Bowling Green Tournament on Saturday, Jan. 27.



Pictured is the Clopton Lady Hawks along with cheerleaders, and coaches after defeating Winfield for the championship title during the 99th Annual Bowling Green Tournament on Friday, Jan. 26. The Clopton cheerleaders brought home the Vivian S. Williams Cheerleading Award for the 99th Annual Bowling Green Invitational Tournament.

Find More Photo Highlights From The Tournament On The People's Tribune Facebook Page



Harrison Signs With William Woods

Louisiana senior, Ethen Harrison signed his intent to continue his athletic and educational career with William Woods University on Jan. 18. Pictured, front row, l-r: Ethen's mother, Molly Helms; Ethen Harrison; and Ethen's father. Second row Wyatt Harrison, Tommy Fallert, Matt Smith, Julian Mendez, and Greg Pitzer.

Community News

Apply Online During February For MDC Spring Managed Turkey Hunts

Missouri turkey hunters can apply online during February for 2024 spring turkey managed hunts through the Missouri Department of Conservation (MDC) website at mdc.mo.gov/hunting-trapping/species/turkey/turkey-spring-managed-hunts.

Managed hunt details and application procedures are outlined on the webpage. Drawing results will be posted starting March 15.

The spring turkey hunting youth portion will be April 6 and 7 with the regular spring

season running April 15 through May 5.

Detailed information on spring turkey hunting will be available in the MDC 2024 Spring Turkey Hunting Regulations and Information booklet, available where permits are sold beginning in March. A regulation change for the spring season includes an extension of spring shooting hours for private land only from a half-hour before sunrise to sunset. Shooting hours on public land will remain a half-hour before sun-

rise to 1 p.m.

To learn more about turkey hunting in Missouri, visit MDC's website at mdc.mo.gov/hunting-trapping/species/turkey.

Buy Missouri hunting permits from numerous vendors around the state, online at mdc.mo.gov/buypermits, or through the MDC free mobile app -- MO Hunting -- available for download through Google Play for Android devices or the App Store for Apple devices.



Cooke Wins Voice Of Democracy

John Cooke, son of Michael and Amy Cooke is the District 17 VFW winner of the Voice Of Democracy Essay Contest. John will be competing in the state competition in Columbia on Saturday, Feb. 10. John is sponsored by Clarksville Memorial VFW Post 4610 & Auxiliary and Youth Group. Pictured with John is District 17 VFW Commander Marvin Flynn and District 17 Auxiliary President Georgia Welte. Presenting John with his District 17 certificate and monetary donation third place winners. LCBA appreciates everyone who participated in this past year's festivities and looks forward to all the participation of the celebrations in 2024.

African Violets Help Chase Away Winter Blues

Just in time to brighten the dull, dreary days of winter, the National Garden Bureau has named African violet as its houseplant of the year for 2024.

The choice is an excellent one, says University of Missouri Extension state horticulture specialist David Trinklein. African violets thrive in most interior settings, provide nearly continuous color and are inexpensive.

African violet ranks among the best-selling potted plants in Europe and is a favorite windowsill sitter for Americans as well, Trinklein said. Few plants offer as much vibrant color and bloom as the simple-to-care for African violet. "They seemingly are never without flowers," he said.

The plant is native to Africa, as its name implies. Its scientific name is *Saint-paulia ionantha*, in honor of Baron Walter von Saint Paul, German governor of an African province in what is now Tanzania.

In 1892 he found the plant growing in shady areas of the Usambara Mountains. Von Saint Paul sent seeds of the plant to his native Germany, where it enjoyed some success as a houseplant. It slowly spread to other European countries and came to the United States in 1926, when a California firm imported its seeds from German and British greenhouses that specialized in the plant.

Since that time it has been developed into more cultivars than any other flowering houseplant. The African Violet Society of America lists names and descriptions of nearly 10,000 registered cultivars.

African violet varieties are almost as varied as snowflakes, Trinklein said. There are many colors of blossoms, some multicolored, and petals may be striped, spotted or curly-edged. Violets vary by petal count, blossom count and blossom shape, but they all share a common beauty good for the common cabin fever, he said.

Variiegated leaves with markings of white, pink or other contrasting colors are readily available and add to

the novelty of this popular plant.

There are few other plants that will flower as well in low-light conditions as African violets. They require at least 800 but no more than 1,200 foot-candles, available in most bright north or east windows. African violets should not sit in direct sunlight, but midwinter sunlight generally is not harmful. Violets also grow well under fluorescent lights placed 12-15 inches above the canopy of the plant for up to 18 hours per day.

Native to tropical climates, the violets prefer temperatures between 60 and 80 degrees Fahrenheit. Night temperatures between 65 and 70 degrees are preferred, while day temperatures should be 10 degrees warmer.

Trinklein recommends that growers use soil-less growing media, such as a blend of peat moss, vermiculite and perlite, although some violet fanciers prefer using soil rich in humus. If using soil, sterilize it to reduce the risk of disease infestation. Soil-less mixes are considered biologically inert and do not need to be sterilized.

Keep plants uniformly moist, but growers should remember that excess water kills the plant, Trinklein said.

He recommends wick watering using a candlewick or nylon twine extending from the growing medium via a hole in the bottom of the pot to a water/nutrient reservoir below the pot. Plastic margarine tubs can be used for the latter.

Leaf spotting can be a problem when water 10 degrees above or below the leaf temperature contacts the leaves. If overhead watering is practiced, use room-temperature water, and keep it off of leaves.

Most homes have low humidity during winter, and this can be a problem for violets, Trinklein said. To increase the humidity around plants, place them on shallow trays of gravel containing water. Make sure, however, that the bottom of the pot does not sit in water. Home humidifiers also work well.

If located properly and watered regularly, African vio-

lets need little other care besides occasional fertilizing with a water-soluble fertilizer. Special African violet fertilizers or houseplant fertilizers high in phosphorus are good choices. A diluted fertilizer solution at each watering keeps growth constant and eliminates any chances of over-fertilization, a common error of new growers.

"Just because it's not growing doesn't mean it needs more fertilizer," Trinklein said. Pale green leaf color may indicate too much sunlight or low fertility. He cautions against using water that has gone through a water softener.

To avoid mealy bug contamination, quarantine new plants for several weeks before introducing them to your collection. "You don't even know they are there until it's too late," Trinklein said. If mealy bugs appear, swabbing them with isopropyl (rubbing) alcohol is an effective control unless populations are excessive. The white bugs have a waterproof coating resistant to most insecticides. He recommends throwing the plant away and buying another if there is a large mealy bug infestation.

African violets seldom need pots larger than 4 inches in diameter. The danger of overwatering and development of root and crown rots increases if pots are too big.

Old plants sometimes develop long, woody stems. Leaves of these plants may be cut off, allowing about an inch of the petiole to remain. Treat the cut petiole with rooting hormone and place it in a moist rooting medium. Vermiculite is an excellent choice for rooting, Trinklein said. Once in the rooting medium, a plastic cup should be inverted over the leaf to aid rooting. The cutting should take three weeks to root and up to 12 weeks to get a good start. Cuttings form new, more compact plants and are generally more vigorous and bloom more abundantly.

With a little knowledge and a lot of love, violets will reward their owners with a burst of hope that spring is on its way, Trinklein said.



Biggs Wins Patriot Pen Contest

Mac Biggs is the son of Corey and Amy Jo Biggs. Mac is a student at St. Clement School. Mac is the first place winner of The District 17 VFW, Patriot Pen Essay Contest and ninth in the state competition. Mac was sponsored by the Champ Clark VFW Post and Auxiliary 5553 VFW Commander Marvin Flynn and District 17 Auxiliary president Georgia Walte.



Wommack Is A Winner

On Saturday, Jan. 13, several Bowling Green Elementary students competed in the 33rd Annual Block Kids Building Competition in St. Louis. Fourth grader Julius Wommack placed third in the third-sixth grade division and won "People's Choice" overall K-sixth grade. Pictured is Julius with his project and his two LEGO sets he won as prizes.

Salt River Master Gardener Club

The MU Extension - Salt River Master Gardener Club monthly meeting is scheduled for Tuesday, Feb. 6 at 6:30 p.m. It will be held at HLGU Burt Administration Building, Room 129 in Hannibal.

Nick Wesslak, Field Specialist in Agronomy, will give a presentation about Poison and Pesticide Safety. The public is invited to attend. For more information contact the MU Extension - Marion County Office at 573-769-2177.

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Place the potatoes on a baking sheet and bake until skin is crisp and potatoes are tender, 30 to 40 minutes. Remove the pan and allow to cool until you can handle the potatoes, about 10 minutes.
Cut potatoes in half lengthwise. Scoop out the insides, leaving a little bit of potato in the skins.
In a saucepan or microwave-proof bowl, melt the butter with the remaining 2 tablespoons canola oil. Brush the mixture on both the outside and the inside of the potatoes. Sprinkle the inside lightly with salt. Place potato halves face-down and return to the oven for 5 to 8 minutes. Using tongs, turn the potatoes over and continue to bake until the edges of the potatoes start to turn golden brown, 8 to 10 minutes. Remove from oven. Sprinkle the insides of the potato skins with cheddar, then sprinkle on the chopped bacon. Return to the oven long enough for the cheese to melt, about 3 to 4 minutes.
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NOTICE
The Pike County Republican Central Committee invites you to reach out to them if you are planning to file for any Pike County elected office as a Republican candidate. Filing opens Feb. 27, 2024. Contact: Gale Froslos 573-406-4156.

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Community News

Life Changing Continuous Support Through Hannibal Regional Diabetes Center

Russell McCoy of Hannibal was diagnosed with diabetes about 10 years ago. Russell eventually developed problems with his vision and four years ago discovered he was suffering from Diabetic Macular Edema (DME). DME is a complication of diabetes that can eventually lead to permanent vision loss. Russell received treatment for DME and went about his daily life. Russell's A1C level and weight were both up and he realized it was time for a change towards better health and management of

his diabetes. Russell tried dieting and would find himself losing weight, but as soon as he stopped the diet the weight would come right back.

In September of 2020, Russell saw an article on a program offered by the registered dietitians at Hannibal Regional Hospital. After reading the article he decided to schedule a private consultation with one of the dietitians to learn more about the program. The program was designed to give each person a better understanding of nutrition, exercise, food

groups, eating habits, and how to apply this knowledge to support a new lifestyle. Russell made the decision to commit to the program. He exceeded his weight loss goal during the program and lost almost 30 pounds in just eight weeks. He felt better, had more energy and his A1C level dropped.

Today Russell continues to live a healthy lifestyle and has lost a total of 50 pounds. He is now able to maintain a healthy weight and A1C level with limited medications. Russell has become an advocate for educat-

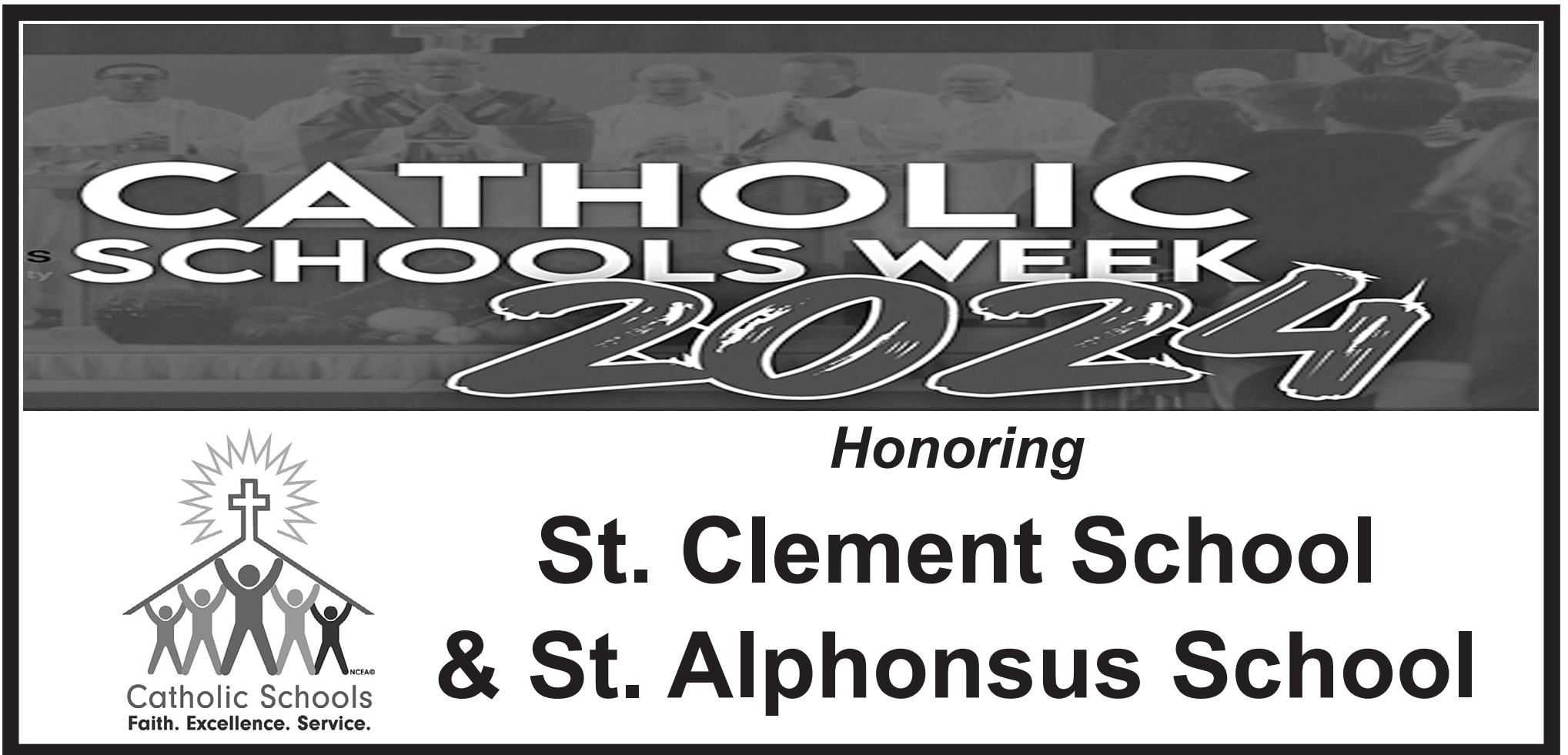
ing others on the maintenance and prevention of diabetes. He continues to speak at diabetes classes at Hannibal Regional and connect with patients going through similar lifestyle changes as he went through. Russell has also become a spokesperson for an eye pharmaceutical that has helped improve his Diabetic Macular Edema. He is an inspiration and in November of 2023 was awarded the Spirit of Health Award given by the Hannibal Regional Diabetes Center.

"I am so grateful for the sup-

port system that I found at Hannibal Regional. The entire Diabetes Center team has made a huge impact on my life. All the programs and education that I was offered through Hannibal Regional has been amazing. The thing I cannot stress enough is education is key. Ask questions, learn about the disease you are dealing with, learn about complications from the disease and about medications. If I would have understood 10 years ago when I was diagnosed with diabetes that I could have a complication that would


affect my vision, I would have made changes a lot sooner to my lifestyle."































Russell continues to attend the quarterly Diabetes Education Classes and the weekly Health Accountability Support Group offered at Hannibal Regional. If you are interested in making a change in your lifestyle or would like to learn more about the nutrition programs offered at Hannibal Regional, visit hannibalregional.org/nutrition or call 573-629-3382.



CATHOLIC SCHOOLS WEEK 2024

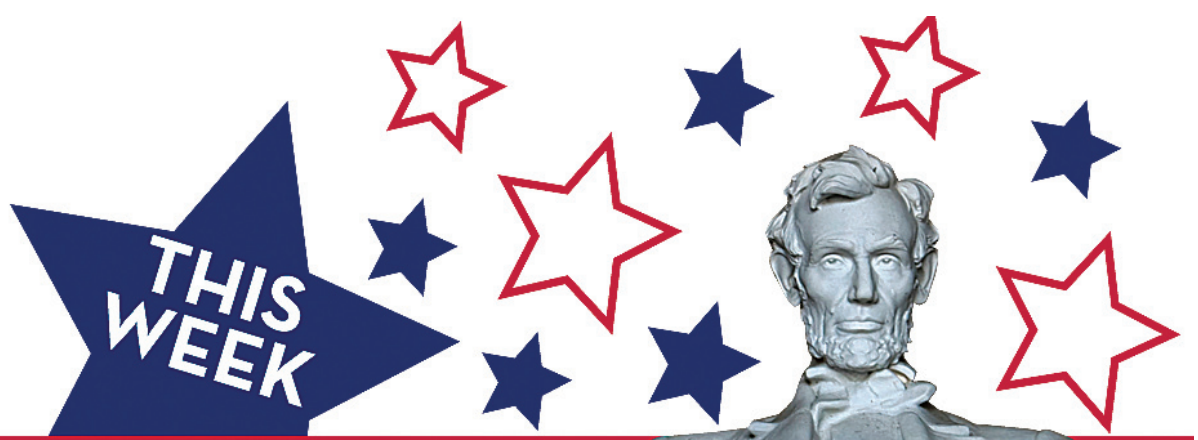
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