

THE PEOPLE'S TRIBUNE

NEWS FOR PIKE, EASTERN AUDRAIN & NORTHERN LINCOLN COUNTIES

Published Every Tuesday • Vol. 24 - No. 15 • Tuesday, January 22, 2019 • Online at www.thepeoplestribune.com

FREE

Bowling Green Tourney!

Don't miss any of the action from the hardwood this week!



Find tourney info and more on pages 7-11 of this week's edition. Catch games live & archived on TRICAST!

Clarksville Eagle Days To Be Held Jan. 26-27

Event Will Feature Programs, Displays, Activities For Kids And More

Two exciting days of crisp weather and eagle-watching in Clarksville will take place on Eagle Days slated for Saturday, Jan. 26 and Sunday, Jan. 27.

Welcome to State of Missouri's oldest Eagle Days event. Activities will take place at the Apple Shed on Saturday from 9 a.m. until 4 p.m., and Sunday from 11 a.m. to 4 p.m. Please note that the Apple Shed is not heated.

The Saturday programs are sponsored by the Missouri Department of Conservation, U.S. Army Corp of Engineers, and the City of

Clarksville. The Department of Conservation will present live eagle programs will be presented every hour on Saturday and there will be kid's activities including videos, displays and free eagle art prints. Conservation gifts will be available for sale.

The Sunday programs are sponsored by the Faintree Arts Council and the Clarksville Community Chamber of Commerce. The World Bird Sanctuary will present live bird shows (the last show begins at 4 p.m.).

On Sunday there will also be a

large variety of wildlife educational vendors. They will display pelts, wildlife paintings, taxidermy just to name a few. Eagle viewing through spotting scopes in the Riverfront Park will be offered both days.

Come hungry - there will be many food vendors and shopping available all over Clarksville. Maps will be available to locate food vendors.

Newly-designed Eagle Days sweatshirts and hoodies will be held by the Clarksville Chamber in the Apple Shed and Eagle Days Market at the corner of Howard and First.

Filing Period Ends For Upcoming April 2 Election

The filing deadline has passed and those who have thrown their name in the hat will appear on the ballot for the upcoming April 2 election.

The filing period was held from Dec. 11, 2018 until Jan. 15, 2019. Those interested in filing as an official write-in candidate should contact the Pike County Clerk's office for more information.

BOWLING GREEN

The following individuals have filed for two-year terms on the Board of Aldermen.

Ward I: Adrian Hendricks and Mike Pugh (I).

Ward II: Diane Kirkpatrick (I).

Ward III: Terry Barnes (I).

Ward IV: Kim Luebrecht (I).

LOUISIANA

The following individuals have

filed for two-year terms on the City Council.

Ward I: Nancy Evans (I).

Ward II: Kathy Smith (I).

Ward III: Jeffrey Salas (I).

Ward IV: No filings.

CLARKSVILLE

Incumbent Jo Anne Smiley has filed for reelection to the mayor's

office. The following individuals have filed for the Board of Aldermen.

North Ward: Sue Linderman.

South Ward: Don Mirtich (I).

LOLA

Incumbents Jerry Burdridge and Kathleen Watson have re-filed for a two-year terms on the board of

trustees. Also filing are Timothy

Graham and Mick Mehler.

CURRYVILLE

Of the three at-large two-year seats for the Curryville board all

three incumbents Ashley Norrell, Ron Singleton and Jackie Grinnett have filed.

Also available is a one year unexpired term of Aldermen-at-large, and a one year unexpired term for collector.

DRABKOV

Incumbent John Schindler has re-filed for mayor.

For the two-year terms on the board of trustees, Eddie Heffner and Tammy Epperson have filed.

LAUREL

Mayor Ken Scott has refiled for office.

Incumbent Jamie Day Jr. has filed for re-election. There is another two-year term available on the board.

See ELECTION on page 13



Clopton Courtwarming 2019

Clopton High School held homecoming activities last week culminating with the junior variety and variety boy's games against North Callaway on Friday night. Coronation was held between games. Payton Sambo and Jilisa Leckard were crowned king and queen. Find court and game photos on page 8. More highlights are available online anytime at www.thepeoplestribune.com.

Tri-photo by Amy Hickson



Silas Homecoming 2019

Silas High School held homecoming activities last week culminating with the variety girls and boy's games against Louisiana on Friday night. Coronation was held between games. Cidion Ribey and Julia Grabelin were crowned king and queen. Find court and game photos on page 8. More highlights are available online anytime at www.thepeoplestribune.com.

Tri-photo by Amy M. Perovic

Fourth Annual Louisiana Community Betterment Photo Contest

The Louisiana Community Betterment Assoc. is sponsoring the 4th Annual Photo Contest and Exhibition on Saturday, Feb. 23.

The photo exhibition will be held at the Twin Pike YMCA, second floor beginning at 4 p.m., and will run until 6:30 p.m.

The purpose of the contest and exhibition is to promote, encourage and recognize area photographers for excellence in photographic

Luncheon To Benefit Last Phase Of Clarksville Church Windows Project

More than ever, members of Clarksville United Methodist Church are finding truth in the first book of the New Testament.

A passage from Matthew says that with God, nothing is impossible. The tiny congregation sees that happening as it nears the end of a huge project to restore the sanctuary's original 111-year-old stained glass windows.

The parish is hosting a soup luncheon from 11 a.m. to 2 p.m. Saturday, Jan. 26, as part of Clarksville Eagle Days. The menu features homemade chili or chicken noodle, hot dogs, chili dogs, chips, dessert and beverage. The soup is \$4 a bowl, hot dogs and homemade desserts each cost \$4, and chili dogs \$5. Chips and a drink are \$1 each. Din-

ers may pay at the door. "As always, we love to see guests who have come to see our majestic, soaring eagles," said Jamie Buch, one of the organizers. "We welcome them to come in out of the cold, eat and relax over a hot meal, and chat over a homemade dessert and a hot cup of coffee, tea or chocolate."

The "Save Our Stained Glass Windows" campaign began in October 2014. All four sides of the building feature panes of vibrant, elegant colors with Biblical symbols, the names of previous pastors and pioneer members.

"We were presented with a mighty task when we started," Buch recalls. "The beautiful stained glass desperately needed repair and

protection. We are a small congregation, and the sum needed seemed impossible."

Thanks to community events such as the soup luncheon, tithing by church members, a grant from the Missouri United Methodist Foundation and contributions from individuals and families in Clarksville and beyond, more than \$60,000 has been raised. Art Glass Unlimited of St. Louis finished work on three sides between 2016 and last year.

"Three of the four sides are now completed and we are very close to being able to call Art Glass Unlimited to tell them 'Come on up, get to work,'" Buch said. "A good, cold and hungry crowd at Eagle Days will make that a certainty."

See PROJECT on page 13

Eastern Mo. YMCA In Need Of Everyday Items

Membership Drive To Be Held Feb. 4-7 At Shelter Insurance

The Eastern Missouri Family YMCA is within one month of opening day. Work is continuing on projects to finish and furnish the facility. A membership drive will be held Feb. 4-7 at Shelter Insurance in Vandalia.

A community open house and ribbon cutting at your YMCA will be held on Feb. 9. Stay up to date with the hours for those events through the local media and on Facebook "YMCA Project".

The generosity and perseverance of the community are the reasons the Eastern Missouri Family YMCA is opening on Monday, Feb. 11. Yet, on a daily basis, community members and supporters reach out to the Y and ask or say, "What else does the Y need? How can I help? Give me a list of needs and I will buy something."

So what items could your YMCA use? Cleaning - vacuum cleaner,

shop vac, small everyday Bissell-type, Swiffer, We'do floor Dry/Wet mop, microfibre dusting/cleaning cloths. Maintenance - basic tool set, flashlight,

shovel, 6' ladder, extension ladder, 5 or 6 stepping stones.

See YMCA on page 13



Oberdahlhoff Settles In As Clerk

Sue Oberdahlhoff smiles from her seat in the Pike County Clerk's office. She was sworn into office at the beginning of the year following a unanimous appointment to the post by the Pike County Commissioners. The governor will make the official appointment within 60 days. Oberdahlhoff says she is working well with staff and other courthouse officials and looks forward to the challenges ahead. Find complete article in next week's edition.

Tri-photo by Amy M. Perovic

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COMMUNITY NEWS

Community Calendar...

Submit upcoming events by calling 324-6111 or toll-free 888-324-9636 or e-mail to: peopletribune@cojglobal.net

On Jan. 23: The Pike County OATS Group will hold their first meeting of the year at 1 p.m., at the Pike County Nutrition Center in Louisiana. Looking forward to having everyone attend, as will be making plans for fundraiser of the year and discussing other important items. If you have questions concerning riding the bus you should come and attend the OATS meeting to get answers.

On Jan. 25: 27th Eagle Days Market Place, 101 First Street, Clarksville, handmade eagle jewelry, homemade candy and breads, crafts, antiques, Windsor chair making demonstrations. Friday and Saturday 10 a.m.-4 p.m., Sunday 11 a.m.-3 p.m. Come in and get warm and view eagles from the big river facing windows.

On Jan. 26-27: Soup and chili days at the Village of the Blue Rose from 11 a.m.-4 p.m., for donations.

On Jan. 26: Eagle Days at the Apple Shed, 9 a.m.-4 p.m., in Clarksville sponsored by the Missouri Clubviewed by the Missouri U.S. Army Corps of Engineers, and the city of Clarksville. Live eagle programs, activities for children, free eagle art prints in the Apple Shed and eagle viewing through

spotting scopes and binoculars in Riverfront Park.

On Jan. 27: Centenary United Methodist Church will be holding a Free Community Soup Lunch from 12:30-2 p.m. Several soups, sandwiches and desserts will be served. The public is invited to come by and warm up with a hot meal. Call the church for more information at 754-4412.

On Jan. 27: Eagle Days at the Apple Shed in Clarksville, 11 a.m.-5 p.m. Sponsored by Raintree Arts Council and Clarksville Chamber of Commerce. World Bird shows and wildlife exhibitors in the Apple Shed and eagle viewing through spotting scopes in Riverfront Park.

On Jan. 28: Story time at Clarksville Library at 10 a.m.

On Feb. 2: Clarksville Squirrel Tournament. Two man teams, \$20 a person. Winner takes all. Must follow MDC rules. Total limit is 20 squirrels per team. Four points per squirrel 1 point for head shot. If a tie then go to total weight. Sign up in Feb. 1 between 6-8 p.m. at the Clarksville Boat Club. Hours for tournament is daylight till 12PM. Must be on boat club parking lot by noon. Kim fin only.

Diamond Tour Trip Planned

A Diamond Tour trip is being planned for Washington D.C. Thursday, June 6-12, the tour includes 10 meals, six breakfast and four dinner, lodging and motorcoach transportation.

A guided tour of Washington D.C. including the WWII, Memorial, Korean, Vietnam Memorial, Martin Luther King and Lincoln Memorial and much more.

A full day visit to the Smithsonian Institution the National Museum, The New Museum of the Bible and

Visit to the National Museum of African American History & Culture.

The tour will depart from Bethel AME Church, Paysonville.

For more information you may contact: Joanne Hammack - 573-847-2266 or email: mh1cc4@johannes.com or Virginia Sarker - 573-23109, your first deposit of \$75 will be due by Feb. 2.

This trip is for anyone that would like to go on this tour, everyone is welcome.

Former Pike Resident Had Birdseye View Of King Life, Legacy

Over the Memorial Day Weekend in May of 2018, former students of Lincoln School in Louisiana held a reunion in Louisiana. Lincoln was a school for African Americans, open from 1900-61 during the segregation era. During the weekend, students of the school who had passed away since the last reunion were honored during a service at Bethel AME Church.

One of those people honored was Pike County native Isaac Farris, Sr., who passed away on Dec. 30, 2017. He was the husband of Dr. Christine King Farris, the sister of Dr. Martin Luther King, Jr. Farris was the son of the late Cornelius Farris, Sr. and Blanche Booker Farris of Edia, Mo.

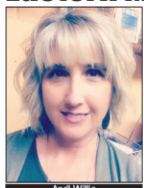
Upon graduating from Lincoln School in Louisiana, Farris attended and graduated from Lincoln University in Jefferson City. He married, Dr. King Farris in 1960 in a service officiated by Martin Luther King, Jr. and his brother A. D. King.

At the time of his death, daughter, Angela Farris-Watkins spoke with the Associated Press about her father. "He wasn't caught up marrying into a prominent family. He was secure in his own right". Niece, Bernice King, youngest child of Martin Luther and Coretta Scott King stated that "after losing her grandfather Mr. King, Sr. in 1984, her Uncle Isaac was the only older male on the family side of the family. She went on to

say that Farris and his wife, Christine, were surrogate parents and that she would greatly miss him". (Atlanta Journal Constitution, January 1, 2018).

Farris was a major contributor to ensuring the enduring legacy of Dr. King. He will be known for generations to come. He served as the project manager for the construction of the Martin Luther King, Jr. Center for Nonviolent Social Change, founded by Coretta Scott King, the widow of Dr. King, Jr. He also was a founding board member of the nonprofit center that annually has over 650,000 visitors from all over the world.

Eastern Missouri YMCA News



April Willis

MEET APRIL WILLIS
FITNESS INSTRUCTOR
The Eastern Missouri Family YMCA is excited to introduce Vanda native, April Willis, as our second fitness instructor.

April and her husband, Doug, have three daughters, Payton, Jena, and Emily. April is the student career service coordinator at Hart Career Center in Mexico. When asked why being a fitness instructor is important, she said, "I have always loved fitness. Heart disease runs in my family, and I am constantly trying to find ways to keep myself healthy. I think exercise is key."

April recalled that when the YMCA was becoming a reality, Feisty Goodpasture-Culwell encouraged her to think about being a fitness instructor. April inquired with the Mexico YMCA staff and they pointed her in the right direction. April added that becoming a certified group fitness instructor was difficult, but rewarding.

Tentatively, April will be leading classes two evenings a week beginning at 4:45 p.m. A slim and sculpt

class, which will feature the use of hand weights and bands, will kick off Monday and Wednesday evenings. An absolute strengthening class will follow, ending the evening with a cardio strength circuit class.

"I can't wait to be on the team at the Eastern Missouri Family YMCA and encourage others to reach their fitness goals and work on their overall health," April said.

All fitness classes and activities at your YMCA follow the statement – "Work at your own pace. Every journey has to begin somewhere."

Your Eastern Missouri Family YMCA is scheduled to open Monday, Feb. 11. Classes will begin the following week.

Stay up to date with the progress of the YMCA membership drive, and ribbon cutting through the local media and on Facebook, YMCA project.

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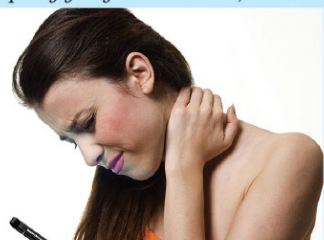
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COMMUNITY NEWS



Keeping An Eye On Progress

The new Champ Clark Bridge in Louisiana is past the halfway point to completion. Changes to the bridge are visible every day. All of the piers have been set and the steel girders are being put in place before the bridge's concrete deck is installed. The People's Tribune is including a photo every week as work continues until completion as a scrapbook to one of the biggest projects the area has seen. When finished the bridge will be more than twice the width it is now at 44-foot wide and will have a price tag of just over \$50 million.

Photo by April M. French

Postal Service Asks Customers To Please Clear Snow, Ice; Keep Letter Carriers Safe During Delivery In Freezing Temperatures

Missouri/Illinois — Freezing temperatures, snow and ice signal the start of the winter season throughout Missouri and Illinois. The U.S. Postal Service is asking customers to please help our letter carriers deliver mail safely by clearing snow and ice from sidewalks, stairs and mailboxes.

"Snow and ice make delivery dangerous and slow," said Gateway District Manager Charles A. Sciarba. "Maintaining a clear path to the mail box — including steps, porches, walkways and street approach — will help letter carriers maintain consistent delivery service, and help

them get the mail delivered."

Customers receiving door delivery should make sure their sidewalks, steps and porches are clear. Customers receiving curbside delivery should remove snow piles left by snow plows to keep access to their mailboxes clear for letter carriers.

Blue collection boxes also need to be kept clear for our customers to deposit their mail, and for the Postal Service to collect the mail for delivery. Residents and businesses with collection boxes near their property are asked to keep them clear of snow and ice. "We want our letter carriers to be safe," Sciarba added. "We can

only do this with the help of our customers."

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

Please Note: For broadcast quality video and audio, photo stills and other media resources, visit the USPS Newsroom.

Follow us on twitter.com/USPS and like us at facebook.com/USPS. For more information about the Postal Service, visit usps.com and usps.com/postalfacts.

Clarksville Methodist Serving Meal

The Clarksville United Methodist Church is serving chili, soup, hot dogs, drinks, and homemade desserts on Saturday, Jan. 26, from 11 a.m.-2 p.m., in the church dining area.

Carry-outs are also available. This will be during the Clarksville Eagle Days event. The church is located at the corner of Hwy 79 and Howard St.

Proceeds from this event will be used to continue the work on the church's stained glass windows.

Due to the support of the community, the last phase of S.O.S. (Save Our Stained Glass Windows) has begun. Since the fall of 2014 each note card, every bowl of chili, every piece of fish, each fried chicken dinner has contributed to the repair and protection of these beautiful masterpieces. Come have lunch with us and see what you've helped to accomplish.

HOPE CENTER ANNOUNCEMENT DURING WINTER MONTHS

We would like to call to everyone's attention that during the winter months there will be days that we will be closed due to bad weather such as ice, storms, etc.

During these times we ask that you call first before you make a trip here to see if we are open, 324-6255, also we will have it on KJFM if we are closed.

Again, please check either of these before you make a trip here. Please have patience during these times as we don't want anyone getting hurt trying to get here or for any of our volunteers either.

This will be in effect from December-March. Again be careful during these months.

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MO State Fair Youth In Ag Scholarship Applications Available Now

The Missouri State Fair Youth in Agriculture scholarship application for Missouri High School seniors graduating in 2019 is now available. Applications should be submitted to the Missouri State Fair and must be postmarked by Feb. 1, 2019. Applicants must submit an original copy of their application and five additional copies.

These scholarships are possible thanks to the generous contributions of many individuals and companies. One \$5,000 platinum scholarship sponsored by Youth in Agriculture supporters, one \$2,500 supreme scholarship sponsored by Sydnestricker John Coors of Missouri Sydnestricker Angus Genetics, and 40 \$1,500 scholarships sponsored by Youth in Agriculture supporters are being offered.

Applicants must be high school seniors and active members of 4-H or FFA, and have participated at least once in a 4-H or FFA chapter at the Missouri State Fair. Selected students must enroll (fall and/or spring semester) immediately following graduation.

from high school) in an accredited community college, college or university in the state of Missouri. Applicants are not required to pursue a degree in agriculture, however, a five point bonus will be given to applicants pursuing a degree in agriculture during the selection process.

Missouri State Fair scholarships are funded through the generosity of Youth in Agriculture sponsors and buyers of the livestock sold during the annual Sale of Champions; the sponsors and buyers list is available here. A portion of each animal's sale price is allocated to the scholarship program. Additional support is also provided by Gussa USA/Dairy Queen of Sedalia, Gussa USA/Steak 'n Shake of Sedalia, the Missouri Department of Agriculture's Annual Ag Goat Classic, the Missouri State Fair Foundation and the Saint Louis Science Center.

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COMMUNITY OWNED, NATIONALLY KNOWN

OBITUARIES

Harley.

Randy enjoyed helping others and always ready to lend a hand. It gave him such a feeling of satisfaction to help and support others.

In lieu of flowers memorial donations in Randy's name may be made to Toys for Tots or Missouri Parity Guard.

His casket has been entrusted to Walnut Lawn Funeral Home, Ltd. of Centerville-Wood-Crematory.

Roger worked as a truck driver for Dye Farm. He enjoyed his job, riding his motorcycle, farming and country life. Roger especially loved working on his Allis Chalmers WD45 tractor and collection of Allis Chalmers equipment.

Survivors include three sons: Russell Landers, Shane Davidson, and Austin Landers; one daughter, Jody Clark; three brothers: Reginald Greene Landers, Rickie Dean Landers, and Aaron Keith Landers; six grandchildren and other family and friends.

Roger is preceded in death by his parents and one brother, Allen Lee Landers.

In lieu of flowers memorial donations may be given to Muscular Dystrophy Association, c/o Waters Funeral Home, 500 S. Main St., P.O. Box 84 Vandalia, MO 63382.

Roger is preceded in death by his parents and one brother, Allen Lee Landers.

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She was Pentecostal by faith and accepted Christ as her Savior and remained faithful until her death.

Virginia and her husband, Glenn opened a machine shop where she was secretary until they retired. She enjoyed sewing, quilting, making afghans, traveling and playing cards.

Serving as pallbearers were Mike Atchberry, Jay Potter, Rod Wideman, Dan Widger, Ronnie Harper, Glen Harper, Gerald Harper, Tristin Dean and Glen Pinner.

Memorials may be made to the Pike County Relay for Life.

Online condolences may be left at www.bbbvch.com.

Survivors include a son, Brent Tucker of Curryville; daughter, Barbara Chappin of Clarksville; nieces, Gail Mohmann, Amy Tucker Ryan, and nephews, Danell Hughes, Randall Sloos and David Sloos.

She was preceded in death by her parents, husband and sister, Edna Hopstead.

Lavera lived in Imperial before moving to Curryville. She was a member of the Lafayette Park and Methodist Church, New Hope United Methodist Church and was a member of the Clarksville Methodist Church.

She was a loyal church member who loved nature, gardening and country life. She was a dedicated wife, homemaker and mother.

Memorials may be made to the Alzheimer's Association.

She married Roy Ben Perkins June 29, 1946 in Louisiana. He preceded her in death. They married George Blanton. He preceded her death.

Survivors include two sons, Leo Perkins and wife, Joyce of Curryville, and Gene Perkins and wife, Patricia of Curryville; three daughters, Eva Craig and husband, Tom of New Hartford, Florence Graver and husband, George of Bowling Green, and Joyce Terry of Curryville. 11 grandchildren and 19 great-grandchildren.

She was preceded in death by her parents, husband, sister, Nellie B. Young, Justina Benning, Lucille Young, Iva Mae Williamson, brothers George Harlow, Alford Harlow, daughter, Vickie Baskett, grandson, Glen Fox, and granddaughters, Melanie Sue Fox and Michelle Lee Perkins.

Clem was a member of the Second Baptist Church in Bowling Green. She worked at Bobbie Brooks, Brad Originals, sewed quilt interiors and was an inspector for helicopter parts at Carlton Industries. Clem loved music, dancing, gardening, sewing, hummingbirds, rodeos and country music.

She rode horses, would tap her foot to the music even in the later years and most of all loved time with her family.

Pallbearers will be Jim Craig, Scott Craig, Donald Perkins, Jan Baskett, Brennan Perkins, and Benjie Fox. Honorary pallbearers will be Mike Perkins, Jennifer Ogden, Jenna Knuffman, Stephanie Klotz and Tracy Ackman.

Memorials may be made to Keith Cemetery.

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Roger 'Rod' G. Landers

Roger "Rod" G. Landers, 69, of Vandalia died Tuesday Jan. 15, 2019, at his home.

A Celebration of Life service was at 3 p.m., Friday at Waters Funeral Home in Vandalia. Pastor Robert Hood of Spencer Creek Baptist Church officiated.

Visitation will be held 1 p.m., to time of service Friday, Jan. 18, 2019 at Waters Funeral Home in Vandalia.

Roger was born Nov. 28, 1949, in Mexico, the son of Reginald Madison Frances and Lois Jean Righter Landers.

Roger worked as a truck driver for Dye Farm. He enjoyed his job, riding his motorcycle, farming and country life. Roger especially loved working on his Allis Chalmers WD45 tractor and collection of Allis Chalmers equipment.

Survivors include three sons: Russell Landers, Shane Davidson, and Austin Landers; one daughter, Jody Clark; three brothers: Reginald Greene Landers, Rickie Dean Landers, and Aaron Keith Landers; six grandchildren and other family and friends.

Roger is preceded in death by his parents and one brother, Allen Lee Landers.

In lieu of flowers memorial donations may be given to Muscular Dystrophy Association, c/o Waters Funeral Home, 500 S. Main St., P.O. Box 84 Vandalia, MO 63382.

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Donald Goddard Sr.

Donald R. Goddard, Sr., 78, of Millerville, Ill., born March 10, 1940 in East St. Louis, Ill., died Friday, Jan. 11, 2019 at his residence.

Funeral services were held Tuesday at 10 a.m., at Kasky Mortuary, Ltd., Fairview Heights, Ill., with Pastor Hal Santos officiating. Interment was in Lake View Memorial Gardens, Fairview Heights, Ill.

Visitation was held Monday, Jan. 14, 2019 from 4-8 p.m., at Kasky Mortuary, Ltd., Fairview Heights, Ill.

Donald is survived by his family: Donald R. Goddard, Jr., Kasky Mortuary, Ltd., Fairview Heights, Ill.; daughter, Margo D. Krick of Cape Girardeau, and Donald R. Goddard, Jr., of Bowling Green; his loving companion, Sarah Strout; his eight grandchildren, Joseph Goddard and wife, Jessica of Fenton, Emily Smith of Bowling Green; Kenny Goddard of Bowling Green; Angela Goddard of Bowling Green; Teresa Goddard of Bowling Green; Mary Beth Goddard of Bowling Green; and Willie Krick; five great-grandchildren, Chloe, Brian, Stephen, Abby and Cleary; and a sister, Norma Jean Goddard.

Donald was a carpenter and co-owner of Klotz & Goddard Construction Company for 25 years. He was a 50 year member of Carpenters Local #169 in East St. Louis, Ill.

He was preceded in death by his wife, Veda E. Goddard; his parents; Joseph and Myrtle Mae Goddard; and his three brothers, Bill, Jan and Jack Goddard.

Condolences may be expressed to the family online at www.kaskyfuneral.com.

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Nancy Hood Stone

Friends of Nancy Hood Stone were invited to an open house to share mirth, memories, and music at Cherrywood Pointe in Plymouth, Minn., Saturday from 11 a.m.-2 p.m.

Nancy's ashes will be buried with the Hood family in Bowling Green.

Survivors: grandchildren, Paul Sean and wife, Eive and children, Teylor, Makenzie, Kyle and JR of Roseburg, Oregon; Nathan of Nashville, Tenn.; and Lauren and husband, Lucas and daughter, Kaylee of Waconia, Minn.; and a brother, Roder Smith Hood and wife, Beverly of Bowling Green.

Nancy grew up in Bowling Green, attended Ward-Helmolt College in Nashville, Tenn., and the University of Colorado in Boulder before marrying Paul J. Stone and moving to Oregon. There she finished her degree in English at the University of Oregon and did some teaching before her three sons were born. The family moved to Grand Junction, Colo., in 1965 where Nancy taught English at Mesa State College.

Following divorce, she, Chris, and Glen moved to Minneapolis, Minn., in 1973 where she did graduate work at United Theological Seminary and the University of Minnesota before returning to teaching at Minneapolis and North Hennepin Community Colleges, retiring in 1993.

In 1994, Jack McGee, her high school "steady," came back to life, fulfilling a relationship begun in 1948. Jack died in 2001. In later years, Lincoln Hudson became a special friend and companion.

In addition to her deep love for her family and friends, Nancy was a lover of books and ideas. Other loves included cats, photography, family history, gardening, theatre, and travel. She was a member of the First Unitarian Society and P.E.O.

One of her favorite quotations was from Albert Camus: "In the midst of winter, I found there lay, in me, an invincible summer."

In lieu of flowers, memorials may be given to the North Hennepin Community College and P.E.O. Animal Humane Society, or Park Nicollet Methodist Hospice Special Needs Fund.

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Melissa 'Missy' May Potter

Melissa "Missy" May Potter, 58, of Bowling Green died Friday, Jan. 18, 2019 at Blessing Hospital in Quincy, Ill., surrounded by family and friends.

Cremation rites are under the direction of Bibb-Veach Funeral Homes in Bowling Green.

Services will be Saturday, Feb. 9 at 1 p.m., at Elmwood Church in Louisiana with Robert Bell officiating.

Missy was born Dec. 25, 1960 in Louisiana, the daughter of William and Peggy Wood Senecaugh.

Survivors include son, Will Potter of Bowling Green; a daughter, Randi Potter of Bowling Green; grandchildren, Tyrann Frazier, Michael Hunt, Jacob and Caleb Jackson, Eric, Trinity and Natalie Jackson; mother-in-law, Donna Potter; niece, Stephanie Montana and husband, Wilson and Sara Bucher and husband, Chris.

COMMUNITY NEWS

MDC Reminds Residents To Exercise Caution During, After Storm

When winter weather hits, heavy snow, ice, and strong winds can take a toll on trees. The Missouri Department of Conservation (MDC) reminds Missourians to exercise caution when cleaning up after winter storms.

When storms damage trees, clean-up and recovery can seem overwhelming. Some injured trees can be trimmed to maintain their health and value to homeowners. Others should be removed. Knowing what repairs to make, how to make them, and how to avoid paying for unnecessary services can help keep injury — both physical and financial — to a minimum.

"Trees are a part of the character of our community and damage to them after a storm can feel traumatic," said MDC Urban Forester Ann Koering. "Trees are amazingly resilient, so after a storm, try to be patient."

Before trimming or removing trees damaged from snow, residents should consider the following advice from MDC: **SAFETY FIRST**

Be aware of utility lines and hazardous overhanging limbs. Alert your electricity provider immediately and allow experts to assess the danger. Remove trees or limbs that have access to your home or are blocking access to your residence. Also, look for any hanging limbs in trees that could drop on your home.

Know your skill level and do not take on more than you can safely accomplish yourself.

Slippery conditions, brittle, heavy wood, and chainsaws are an extremely dangerous mix for homeowners," said

Koering. "Leave it to professionals with proper training, experience, and equipment to make a final decision about any work of the ground."

BE PATIENT
Any remaining live damage can wait until the immediate crisis has passed. As long as there isn't a safety risk, take your time to assess the damage and make decisions on which trees to cut and which ones to save.

If a tree does not present a hazard, take the time to ensure it gets proper care and make a final decision about it in a few weeks or months.

Before beginning any tree work, determine whether your insurance policy covers tree work. Many policies will cover at least part of the cost of tree removal if some structural damage has occurred.

Determine whether damaged trees need pruning or complete removal. If a valuable tree appears to be a borderline case, resist the temptation to simply cut the tree down and be done with it. Remember, time is on your side after a fire-pruning pruning branches, give the tree time to recover. Often, new foliage will return the tree to its natural beauty. If not, the decision to remove the tree can always be made later.

HERE A QUALIFIED ARBORIST
WARNING: Use caution before doing work on your knock on your door. Good arborists generally are too busy to generate business this way. Door knockers are especially common after a storm and are notorious for recommending unhealthy tree-trimming practices such as "tree topping."

"It's best to go with a qualified arborist," said Koering. "Check the yellow pages under 'Tree Service' or visit treesaregood.org/findanarborist/ for an online listing of International Society of Arboriculture (ISA) certified arborists who are local and established in your area."

Being listed in these directories doesn't guarantee that companies will do good work, but means that they are locally established and should be easier to track down later if something goes wrong.

Ask for proof of certification and of membership in professional organizations such as ISA.

Ask for proof of worker's compensation and liability insurance, as well as local references. Good arborists are proud of their work and can provide a list of past clients.

Do not accept "take-it-home" deals. The person offering these deals may pressure you into doing something you will regret later.

Good arborists do not recommend topping. Conscientious arborists also will not use climbing spikes unless the tree is to be removed or someone is hurt. These practices damage trees unnecessarily.

TAKE HEART
Trees are amazingly resilient and often possess the ability to recover from severe conditions over time.

For more information, contact your local MDC office, or go online to mdc.mo.gov/newsroom/tree-care-advice.

Cuivre River State Park To Host Volunteer Meeting Jan. 29

Cuivre River State Park will hold an informational meeting for volunteers at 6 p.m., Tuesday, Jan. 29, in the visitor's center.

This meeting is for existing volunteers and anyone wishing to learn more about becoming a park volunteer. The park has many potential volunteer opportunities for all ages and abilities. Some possible projects include invasive bush honeysuckle removal, assisting with educational programs or special events, small maintenance projects on park buildings or trail maintenance. The park is also looking for volunteer camp ground hosts. Information will be available at the meeting about hosting,

or you may call the park office for more details on becoming a host.

For information about the volunteer meeting, call the park office at 636-526-7247 or visit the events listing on the park Facebook page at facebook.com/CuivreRiverStatePark.

Cuivre River State Park is located at 678 State Route 147, Troy, north of I-70.

For more information about Missouri State Parks and Historic Sites, visit the web at mostateparks.com. Missouri State Parks is a division of the Missouri Department of Natural Resources.

Frankford Elementary Second Quarter Honor Roll

A HONOR ROLL
THIRD GRADE

Bristol Doggett, Emily Ingram, Joseph Karf, Abigail Kurz, and Lily McMillen.

FOURTH GRADE
Kater Cockrell, Bradley Doggett, Ava Gilbert, Hunter Ince, Lillie

Lorenson, Cole Niemeyer, Calvin Schindler, Khloe Spies, Madeleine Stinson, Evan Townbridge-Roan, Audra Turnbull, and Carrie Vance.

FIFTH GRADE
Karl Dean, Macy Gilbert, Lily Kent, Chance LaZear, Addison Lil

ley, Mara Robb, Ashton Schultz, and Keegan Smith.

B HONOR ROLL
THIRD GRADE

Ellie Haden, Dallas Henderson, Rylie Jennings, and Alex Shade.

FOURTH GRADE
Isabella Flowers, Darin Freeman, Gavin Freeman, Julian Gaudin, Cassie Martin, and Miyah Werner.

FIFTH GRADE
Jonathan Cafer, Landyn Grote, Trent Nightingale, and Madilyn Rancy.

MDC Test Results Reveal More Deer With Deadly CWD

The Missouri Department of Conservation (MDC) reports 28 more deer from 11 Missouri counties have been found to have chronic wasting disease (CWD). This brings the number of cases of the deadly deer disease in Missouri to 103 since 2012.

CWD is a deadly illness in white-tailed deer and other members of the deer family, called cervids. CWD is spread from deer to deer through direct contact and through contact with soil, food, and water that have been contaminated through urine, saliva, or carcasses of infected deer. CWD kills all deer and other cervids, often in weeks. Learn more at mdc.mo.gov/cwd.

The CWD-positive deer were from the following counties: Adair (2), Crawford (1), Franklin (5), Jefferson (1), Linn (2), Macon (4), Mercer (1), Oregon (3), Ste Genevieve (7), Stone (1), and Taney (1).

The results come after MDC collected tissue samples for CWD testing from more than 28,000 deer over this past summer and throughout the fall deer-hunting season. That number includes more than 20,000 tissue samples collected during MDC's "randomized CWD sampling" during the opening weekend of the fall firearms deer season. During the weekend, MDC staff collected tissue samples from deer harvested by hunters in 31 counties in or near where the disease has already been found. The number also includes more than 8,000 tissue samples collected from hunter-harvested deer through MDC's statewide voluntary CWD-sampling efforts during the past deer season, road-killed deer, and "sick-looking" deer reported to MDC.

"Eight of the CWD detections were from hunter-harvested deer sampled by landowners or meat processors, who are all very important partners in helping us find cases of CWD," said MDC Wildlife Disease Coordinator Jasmine Batten. "Of the remaining 23 positives, 15 were from

hunter-harvested deer sampled at our mandatory sampling stations, four were from hunter-harvested deer sampled by landowners outside of opening weekend, and four were from voluntary sampling stations, and one was from a found dead deer."

Batten added that CWD was detected in four new areas of the state this season:

• Southwest Missouri in northeast Stone County near Reids Spring; Ste Genevieve County in southern Taney County on Drury-Milroy Conservation Area;

• Southeast Missouri in west-central Oregon County near Altam;

• North-Central Missouri in Mercer County north of Mercer approximately two miles from the Iowa border.

MDC noted that hundreds of cases of CWD have been found in northwest Arkansas bordering southern Missouri, and CWD has also been found in Wayne County, Iowa, which borders northern Missouri.

"In the new areas, the number of CWD positives is low, indicating the disease was likely recently introduced in those locations," explained Batten. "Overall, when CWD occurs throughout the state, the number of infected deer also remains low, which indicates that CWD is relatively rare in the state — and we want to keep it that way. If left unchecked, CWD could dramatically decrease the overall health and number of deer in Missouri over time."

MDC has tested nearly 130,000 deer for CWD since it began its efforts in 2001. For the current CWD numbers and more information, visit the MDC website at mdc.mo.gov/cwd under "CWD in Missouri."

Next Steps — Managing CWD through Targeted Culling

MDC is now focusing on managing CWD in the immediate areas where new and recent cases of the disease have

been found. MDC staff are again working with landowners on a voluntary basis through mid-March in the immediate areas (approximately one-to-two square miles) around where recent cases of CWD have been found to harvest and test additional deer for the disease.

"Post-season targeted culling is a proven method of slowing the growth of CWD in a local deer population and, as a result, minimizing the accumulation of CWD in the local environment," said Batten.

She added that MDC is modeling this management approach after similar efforts in Illinois.

"Illinois is showing success in stabilizing CWD prevalence through targeted culling and reports a steady 1 percent prevalence statewide over the year," Batten said. "In contrast, since stopping its targeted-culling management efforts in 2007, the state of Wisconsin continues to see a steady increase in CWD prevalence. Some local areas of southwest Wisconsin are seeing over 50% of adult bucks with the disease."

MDC staff and participating landowners have taken a total of about 4,800 deer through targeted culling since the Department began the effort several years ago. Post-season targeted culling accounts for just approximately 6% of all CWD samples MDC has collected so far but has resulted in finding almost half of all CWD cases in Missouri.

Batten added that deer harvested through targeted culling that do not test positive for CWD are offered to the participating landowners or donated to the Share the Harvest Program for local food banks and food pantries. Deer that test positive for CWD are properly disposed of by MDC staff or meat processors.

Learn more about MDC's efforts at mdc.mo.gov/cwd under "Post-Season Targeted Culling."

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Frank Wallace
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Vandalia
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FWWallace@ShelterInsurance.com

COMMUNITY NEWS

State Health Department Advises Missourians To Take Precautions Against Bitter Cold Temperatures, Check On Elderly-Disabled

Timely cold weather insulation to help keep you warm.

• Wear water resistant boots and something on your head.

• Protect your ears and face. Wear a scarf to help protect your lungs from cold air - it will also protect your eyes and face.

• Schedule outdoor activities during the warmest part of the day, usually 10 a.m.-3 p.m.

• Carry extra clothes with you such as socks, gloves, hats and jackets so you can change them if they get wet.

• Watch for signs of frostbite and hypothermia.

• Frostbite causes a loss of feeling and pale or waxy white appearance of extremities, such as fingers, toes, ear lobes or the tip of the nose. Other signs may include numbness, a tingling or stinging sensation in the affected body part and reduced blood flow. If any of these symptoms are detected, please seek medical help immediately.

• The warning signs of hypothermia include uncontrollable shivering, confusion, loss of consciousness, slurred speech, drowsiness and apparent exhaustion. In infants, the skin will turn bright red and cold, and they may appear with a very low energy level. If any of these signs appear, get the victim to a warm location as soon as possible. Call 911 for immediate medical assistance.

• Increase your fluid intake - regardless of your activity level. Don't wait until you are thirsty to drink fluids. Avoid alcohol.

• Ensure infants and children are properly dressed.

• Medications can also increase the risk of temperature related illnesses. Some of these medications include antidepressants, antipsychotics, heart medications, diuretics and chemotherapy drugs. Always consult with your doctor regarding the medications you are taking.

• Make sure your car is properly wintered. Keep your gas tank filled. Prepare a winter emergency kit including blankets, a flashlight, water, non-perishable foods and water.

• Ensure you have sufficient heat.

Heat, as well as alternative emergency heating equipment in case you lose electricity. When using alternative heat sources, such as a generator, a fireplace, wood stove or space heater, take necessary safety precautions:

• Carbon monoxide is an odorless, colorless gas that can cause flu-like illness or death. Carbon monoxide poisoning can happen during extremely cold weather when individuals try warming their homes through unconventional methods.

• Never heat your home by using a gas stove, oven, kerosene heater, or charcoal or propane barbecue grill.

• Make sure all heating devices are properly ventilated, and always operate a generator outdoors and at least 20 feet away from any window, door or vent in your home. Improper heating devices can lead to dangerous carbon monoxide buildup in the home.

• Test your smoke alarms and carbon monoxide detectors.

• Keep a fire extinguisher handy so everyone knows how to use it properly.

• Place anything that can burn easily at least three feet away from space heaters.

• Do NOT run a car or truck inside a garage that is attached to your house, even if the door is open.

• If you suspect carbon monoxide poisoning, call 911 immediately and get the victim to fresh air.

• For more information, visit <http://health.mo.gov/living/healthconditions/hypothermia/index.php> or contact your local health department.

About the Missouri Department of Health and Senior Services: The department seeks to be the leader in protecting health and keeping people safe. More information about DHSS can be found at health.mo.gov or find us on Facebook and Twitter @HealthyLivingMo.

MDC Reports Final Deer Harvest For Season More Than 290,300

Missouri's 2018-2019 deer-hunting season ended Jan. 15 with the Missouri Department of Conservation (MDC) reporting a preliminary total harvest of 290,339 deer. Top counties for the overall season were Franklin with 5,545, and Howell with 5,150. Of the 290,339 deer harvested, 136,776 were antlered bucks, 30,116 were button bucks, and 123,447 were does.

Hunters harvested 284,477 deer during the 2017-2018 deer hunting season. The most recent record season was in 2012-2013 with a total harvest of 313,254.

Deer hunting ended with the close of the archery season. Preliminary data from MDC showed that hunters checked 54,447 deer during the archery season. Top counties for the archery season were Jefferson with 1,262 deer harvested, St. Louis with 1,083, and Franklin with 1,068. Hunters checked 51,991 deer during the 2017-2018 archery season.

Fall archery turkey hunting also ended Jan. 15. Preliminary data from MDC showed 2,095 turkeys

harvested. Top counties for the archery turkey season were Callaway with 56 birds harvested, Franklin with 44, and Monroe with 38. For the previous year, hunters harvested 2,426 turkeys during the fall archery season.

Get more deer and turkey harvest data for the current season at short.mdc.mo.gov/Z3G. Get deer harvest data for past seasons at short.mdc.mo.gov/Z3M. Get turkey harvest data for past seasons at short.mdc.mo.gov/Z3Y.

Conservation makes Missouri a great place to hunt deer and turkey. For more information, go online to huntinghubs.mdc.gov/.

MDC reported eight firearms-related hunting incidents during the 2018 fall deer and turkey hunting seasons. Three were fatalities with two occurring incidental to hunting while at hunting camps and one was a self-inflicted incident in the field. Of the five non-fatal incidents, four were self-inflicted and the fifth occurred when the shooter shot a victim while swinging on game.

Louisiana Elementary Honor Roll Announced

Fourth Grade

Principal's Honor Roll

Sam Ryle

Payton Anderson, Nakya Crawford, Sophie Griffin, Han King, Jaylen Rice, Cameron St. Clair, and Lorenzo Thomas.

Fourth Grade

Principal's Honor Roll

Sam Mills, Rayaan Patel, and

Sam Ryle

Ryder Calhoun, Jonathan Henderson, Evan Kington, and Hayden Miller.

Fourth Grade

Principal's Honor Roll

Johnathan Miller, Rayle Marshall, and Angel Harrison.

Fourth Grade

Principal's Honor Roll

Riley Patrick, Samuel Rodriguez, and Daymen Slater.



MDC Reports Final Deer Harvest For Season More Than 290,300

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Youth Tour Contest Now Open For High School Juniors

Entries are now being accepted for the 51st Annual Youth Tour contest which will culminate with all finalists traveling to Washington, D.C., this summer.

The contest is open only to high school juniors who live and attend school in Cuivre River Electric's general service area, or who have Cuivre River electric service in their homes.

The 2019 essay theme is "My Favorite Cooperative Principle." Essay forms are available at www.cuveiriver.com.

The deadline to enter is Friday, March 8.

Entries remain anonymous during preliminary judging by Cuivre River staff. The 12 top-scoring essays are selected as finalists and will attend the final competition scheduled for Wednesday, April 10. Finalists will take a cooperative knowledge quiz and make an oral presentation of their essay.

The top six finalists will be selected as Youth Tour delegates. The other six finalists will receive \$500 scholarships.

This year's National Youth Tour will take place June 14-20. The seven-day youth tour provides an action-filled week for high school students, offering them opportunities to learn firsthand

what it is like to be involved in politics, learn about positions, community service and today's pressing issues.

Missouri's youth tour delegates will visit with representatives from their congressional district, the Smithsonian Institution's museums and Arlington National Cemetery.

Cuivre River Electric fully funds the participation of its delegates. There is no cost to students or families.

Students who support the Youth Tour program and submit at least 10 student entries receive a \$50 classroom grant from CREC.

Who is eligible? The contest is open to high school juniors who live and attend school in Cuivre River Electric's general service area, or who have Cuivre River electric service in their homes. Immediate family members of Cuivre River employees and directors are not eligible to participate in the Youth Tour.

How to apply: Submit an entry form and a 500-1,000 word essay on the topic, "My Favorite Cooperative Principle." Students may enter independently or through their schools. Teachers who support the program and submit at least 10 student entries receive a \$50 classroom grant.

Final competition: Students with the 12 top-scoring essays will be finalists. The final challenge includes a cooperative knowledge quiz and an oral presentation before judges, families and peers at Cuivre River's Youth Tour Banquet. Six students will be chosen as delegates; six will receive \$500 scholarships.

Where to learn more: For more information or to inquire about a classroom program, contact Schmidt at 636-695-4837 or tschmidt@cuivre.com.

Since 1964, Cuivre River has sponsored over 200 youth tour delegates for visits to Washington, D.C. More than 54,000 high school students sponsored by the nation's electric cooperatives have participated in the youth tour since the educational leadership program began.

Cuivre River Electric Cooperative, headquartered in Troy with a branch facility in Lake St. Louis, is the largest member-owned electric distribution cooperative in Missouri. It provides service to more than 65,000 residential, business, commercial, industrial and agricultural members in Lincoln, Pike, St. Charles and Warren counties.

Hickory Grove Community Scholarship

Blaine Hurt is the recipient of the Hickory Grove Community Scholarship for 2018. He is attending Missouri University of Science and Technology in Rolla. In his first year of college Blaine is taking general education classes with one semester completed. He is considering going into engineering.

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COMMUNITY NEWS

Bowling Green High School Honor Roll Announced

Ninth Grade
 Callie Bailey, Meredith Betts, Tabitha Betts, Destina Bono, Charles Bowen, Zoe Brandtbringer, Lizbeth Brown, Bryan Buffington, Dylan Burnett, Kaden Chandler, Kaycee Clark, Emma Cragg, Lillian Dameron, Kaitlyn Dandridge, Gracelyn Darnell, Juliana Davis, Daniel Feldmann, Hannah Fox, Hades Freeman, Mari Flier, Tison Gibbs, Morgan Graver, Bailey Graves, Cadence Green, Kennedy Grimsley, Ryleigh Harrison, Reno Hays, James Hearn, Bryan Hecker, Alexander Holmes, Joshua Holmes, Wyatt Howsorth, Seth Huber, Mason Humphrey, Jessica Hupke, Charly Johnson, Ivy Johnson, Mollie Johnson, Bailee Kent, Cooper Kell, Maria Kingley, Alex Koenig, Chlo Koenig, Kelley Lewis, Miranda Liber, Allison Marshall, Megan McMillen, Jordan Miller, Robert Perry, Cody Papp, Joseph Porter, Haley Prater, Madison Pruitt, Alexis Ruhl, Paige Sasser, Austin Scherder, Auden Sherman, Samantha Smith, Brylie Sparks, Paige St. Aubyn, Tanner Turner, Adam Twilman, Grace Twilman, Will Twilman, Lillian Waddell, Alanae Walker, Alivia Walker, Samuel Wells, Amanda Wilkinson.

Tenth Grade
 Jacob Brown, Audrey Browder, Mackenzie Burroughs, Abby Butler, Whitley Carroll, Haylee Chandler,

Tristan Charlton, Shelby Cohen, Grace Dameron, Vanessa Davis, Audrey Dean, Callie Edmond, Elizabeth Evans, Claire Graver, Camryn Grote, Kaitlyn Haley, Josie Johnson, Josiah Jones, Ryan Korte, Clay Lazear, Katelyn Lee, Jani Leon, Mya Levenson, Macie Lincoln, Blake Martin, Joseph McCormick, Jade Meier, Evan Meyer, Alyson Oakley, Hunter Oeth, McKenna Orr, Elijah Prater, Maggie Rayson, Shay Rohn, Summer Scherder, Breanna Schlatter, Madison Sherwood, Michael Sidwell, Kennedy Street, Brianna Walker.

Eleventh Grade
 Sarah Akers, Clint Bailey, Andrew Biggs, Morgan Billings, MacKenzie Bliss, Andrew Bowen, Anna Burkemper, Sarah Bybee, Phillip Byrum, Haley Cabin, Katelyn Carlson, Kiah Cochrill, Brandon Donahut, Aurora Eflor, Ethan Everhart, Hannah Flowers, Liana Freeman - Grote, Calleigh Grote, Trenton Haas, Lissa Handebrand, Jaden Holloway, Hannah Hottness, Kaleb Jackson, Darby Kechler, Benjamin Kimm, Meghan Knoess, Carina Konstanzer, Breanne Kroeck, Jessica Kroeck, Kaleb Long, Nicholas Moore, Meghan Maier, Kaitlee McDaniel, Matthew McDannold, William McKee, Sidney Moss, Russell Nelson, Kimberly Niemeyer, Olivia Niemeyer, Salvador Niemeyer, Madeline North, Cheyanne Oshia, Braden Perez,

Madison Reynolds, Abby Robb, Devan Rohn, Aislyn Salinas, Ashton Schneider, Abigail Shade, Cole Shotton, Matthew Spencer, Fleming Starks, Jade Stevens, Korynn Stevens, McCoy Thompson, Elizabeth Trustlove, Khadora Vickery, Sylvia Wagner, Ben Walker, Vanessa Whitacre, Cody Wilkison, Kameron Worley.

Twelfth Grade
 Taylor Blackwell, Dylan Brown, Michael Brown, Dillon Burbridge, Sebastian Shun, Gabrielle Deans, Mary DuBach, Robert Dwyer, Autumn Ellis, Kaylen Fisher, Haley Goodin, William Graver, Coral Green, Emily Green, Taylor Grimsley, Sarah Harness, Kurtis Heather, Bryson Heidecker, Tyrin Hendricks, Kyle Homer, Austin Horton, Allyson Huber, Abigail Jacyna, Catherine Klott, Joshua Korte, Joseph Kroeck, Annabelle Krawiwe, Meredith Martinson, Saige Mayfield, Taylor McGaugh, Shelby McMorris, Emily Meyer, Chase Miller, Brandon Morris, Savannah Morton, Jordan Moss, Brianna Peggis, Madeline Perry, Kaleigh Prior, Trevor Pruitt, Amber Rilly, Halle Roach, Christy Ruiz, Madison Schroeder, Mitchell Schroeder, Connor Shannon, Carly Smith, Bailey St. Clair, Cheyanne Talley, Peyton Teasley, Kaitlyn Wilkinson, Sasha Williams, Robert Windland.

21st Century Community Learning Centers

Louisiana, Opton, BONCL
 Bowling Green/Frankford Sites

The Bowling Green YMCA 21st CCLC AfterSchool Program had a busy December. Students spent their craft time posting for pictures and making beautiful Christmas ornaments for their parents. A couple of days were spent Christmas caroling, once to a local nursing home and another time touring the Bowling Green School of offices and classrooms. After those amazing performances, the Bowling Green School Board invited our Y students to attend their December meeting. Several students (with their parents in the audience) sang a couple of Christmas songs and spoke to the board about their experiences and what they have been learning at the YMCA AfterSchool Program. Last, Santa had a surprise visit on Dec. 20. Students and their parents were able to participate in several Christmas activities, including making Christmas snacks from grapes, bananas and strawberries, building a snowman, playing Christmas pong and creating an ugly Christmas sweater, as well as an opportunity to take a picture with Santa. Everyone had a wonderful time.

The Bowling Green YMCA 21st CCLC AfterSchool Program proudly serves 96 students from kindergarten to sixth grade. From 3:10-6:10 p.m., we provide a safe environment for students. We offer them a healthy snack, physical activity, homework help, and a variety of educational enrichment activities. Our enrichment activities are math ed, STEM (science, technology, engineering, and math), food and fun, computer ed, college and career, Service Learning, Character Ed, and multicultural ed. Our enrichment activities are led by certified teachers.

Another component of our program is our Lay Family Foundation Enrichment Activities. The Lay Family Foundation provides funds to our programs that allow our students to learn from local individuals with various expertise and knowledge to excite students about learning and local opportunities that extend and support core academic instruction.

Recently the Bowling Green YMCA 21st CCLC AfterSchool Program had a staff change. Debbie Jennings started as our site coordinator in November. Jennings lives in Frankford with her husband, Clyde. They have five children ranging in ages from 21-15. Jennings previously was the northeast customer service supervisor for a local insurance company and helped her husband at his business, Xtreme Auto in Frankford and New London. Jennings is a graduate of Hannibal LaGrange College with a BS in business management.

Currently we are accepting applications for students at our Pike County YMCA 21st CCLC Before and AfterSchool Programs. If you are interested about our Programs please contact your local Site Coordinator or call the Twin Pike Family YMCA at 754-4999.



NEMO Clergy To Hold Annual Taste Of Blackness Program

The Northeast Missouri Clergy Coalition to hold their Annual Taste of Blackness Program on Sunday Feb. 3 at Bethel AME Church, Louisiana at 2:30 p.m.

All churches will hold their own

morning worship. Dinner will be served at Bethel Louisiana starting at 1 p.m., until time of program.

Music will be given and the message for the afternoon will be given by President The Rev. Charlie

Wright. Everyone is invited to attend this program.

January is National Glaucoma Awareness Month

January is National Glaucoma Awareness Month and the Department of Human Resources Division of Aging Services (DAS) is helping raise awareness of the disease by urging mid-life and older Americans to get regular eye examinations to preserve their vision.

Glaucoma is a disease that gradually takes an individual's sight without warning. Although the most common forms of the disease primarily affect middle-aged adults and the elderly, glaucoma has no age boundaries. Glaucoma is the leading cause of preventable blindness and can affect people of all age groups, including infants and children. Those at high risk of getting the disease are African-Americans, individuals of Latino ancestry, persons over age 60, and immediate family members of those who have been diagnosed with glaucoma. More than 3 million Americans and about 70 million people worldwide have the disease, with most being unaware

that they have it. Because peripheral or side vision loss begins first, a person may not be aware he has the disease until he has lost a large amount of his sight.

The two most common types of the disease are primary open angle glaucoma—which is hereditary, and angle closure glaucoma. If an individual has been diagnosed with glaucoma, he should let his family know that they are at an increased risk of getting the disease. To prevent glaucoma, at risk individuals and persons over age 40 should have regular eye exams that include measurement of eye pressure, and a careful evaluation of the optic nerve, which is the part of the eye that sends images of what a person sees to the brain.

For more information on glaucoma, visit online at Glaucoma Research Foundation: <http://www.glaucoma.org>, or American Glaucoma Society <http://www.glaucomasociety.org>.

94th Annual Bowling Green Invitational

Catch our local teams, live & archived, on
 TRiBCAST at www.thepeopletribune.com

		(1) Bowling Green Monday, Jan. 21 5:30 p.m. - H.S. Gym	Girls Bracket
Consolation Semifinal Wed. Jan. 23 M.S. Gym 5:30 p.m.	{	(6) Winfield	Championship Semifinal Wed. Jan. 23 H.S. Gym 5:30 p.m.
		(4) North Callaway Monday, Jan. 21 6:50 p.m. - H.S. Gym	
CONSOLATION Friday, Jan. 25 H.S. Gym 4:30 p.m.		(5) Van-Far	CHAMPIONSHIP Friday, Jan. 25 H.S. Gym 7:15 p.m.
Consolation Semifinal Wed. Jan. 23 M.S. Gym 6:50 p.m.	{	(2) Clifton Monday, Jan. 21 5:30 p.m. - M.S. Gym	Championship Semifinal Wed. Jan. 23 H.S. Gym 6:30 p.m.
		(7) Louisiana Monday, Jan. 21 6:50 p.m. - M.S. Gym	
		(3) Elsbary Monday, Jan. 21 6:50 p.m. - M.S. Gym	3rd PLACE Friday, Jan. 25 H.S. Gym - 5:50 p.m.
		(6) Slix	
		(1) Bowling Green Tuesday, Jan. 22 5:30 p.m. - H.S. Gym	Boys Bracket
Consolation Semifinal Thurs. Jan. 24 M.S. Gym 5:30 p.m.	{	(8) Slix	Championship Semifinal Thurs. Jan. 24 H.S. Gym 5:30 p.m.
		(4) Elsbary Tuesday, Jan. 22 6:50 p.m. - H.S. Gym	
CONSOLATION Saturday, Jan. 26 H.S. Gym 4 p.m.		(5) Winfield	CHAMPIONSHIP Saturday, Jan. 26 H.S. Gym 7 p.m.
Consolation Semifinal Thurs. Jan. 24 M.S. Gym 6:50 p.m.	{	(2) Van-Far Tuesday, Jan. 22 5:30 p.m. - M.S. Gym	Championship Semifinal Thurs. Jan. 24 H.S. Gym 6:50 p.m.
		(7) Louisiana Tuesday, Jan. 22 6:50 p.m. - M.S. Gym	
		(3) North Callaway Tuesday, Jan. 22 6:50 p.m. - M.S. Gym	3rd PLACE Sat., Jan. 26 H.S. Gym - 5:30 p.m.
		(6) Clifton	

SPORTS

Owls Down Bulldogs In Homecoming Victory

Lady Owls Beat Louisiana In OT Win

APRIL M. FRONICK • EDITOR
april@thepeopletribune.com

The Owls battled back from an early deficit to claim a 46-37 homecoming win over Louisiana on Friday night.

The Bulldogs claimed an early lead after the first period, leading Silas 15-8 going into the second. The Owls outscored Louisiana 11-8 in the third quarter. The Bulldogs held a 23-19 lead at halftime.

The Owls again edged Louisiana in the third quarter, 11-8, to trail by one point going into the final frame. Silas closed the door with a 16-6 quarter to win.

Mason Washington led the Bulldogs with 15 points. Other scorers: Angelo Ullio, 5; Rami Fellewerth, 5; Traimaine Chatman, 4; Will Shepard, 3; Nathan Perkins, 3; Ryan Capps, 2.

Scoring for Silas was not reported as of press time.

Both teams will compete in the Bowling Green Tournament this week. Silas is the eight seed and will face (1) Bowling Green on Tuesday. Louisiana is seeded seventh and will take on Van-Fair.

The Silas Lady Owls were victorious in their homecoming game against Louisiana on Friday night in an 47-43 overtime win.

The game was nip and tuck throughout and the Lady Bulldogs had a one point advantage with under a minute remaining. Louisiana led 34-33 with 35 ticks on the clock.

Silas battled back with a bucket and a free throw to lead by three points as time dwindled to under five seconds.

Trailing by three points, Louisiana inbounded the ball and Kamara Combs put up a shot at the buzzer. While she didn't hit the basket, she drew a foul with no time remaining. Combs went to the line and sank the first two free throws. Coach Sabrina O'Heron took a timeout before the final shot, but Combs managed to drain the final free throw to force an extra period.

Mollie Stanek and Izzy Sgroi went to work with a pair of buckets and free throws. Despite points from Caitlyn Gloe, the Lady Bulldogs were unable to keep up in the overtime period.



Silas Homecoming 2019

Silas held homecoming activities last week culminating with varsity girls' and boys' games against Louisiana. Coronation was held between games and Colton Riley and Julia Grubbs (seated center) were crowned king and queen. The court also included (standing L-R): Colton Johnstone, Jaclyn Adams (referee queen), Emily Duering, Drew Kieritz (referee king), Felicity Stokes, Kadin Sanders, Lili Ison and Blake Baragada. Crowns were worn by Wyatt Chidister and Payton Lickish. Find more photos online at www.thepeopletribune.com.

Trib photo by April M. Fronick



Clopton Courtswarming 2019

Clopton held homecoming activities last week culminating with the junior varsity and varsity boys' games against North Callaway. Coronation was held between games and Jillian Lockard and Payton Sambo were crowned king and queen. The court also included (front row): Jillian Lockard and crownsman Ava Adams and Brody Danuser. Back row: Jessica Barnes, Emma Pemble, Bailey Dyles, Karl Leake, Bathany Klopke, Madison Hontmeyer, Mya Street (referee queen), Sambo, Dylan Smith, Riley Walker, Michael Wright, Robert Rutherford, Dylan Horstmeier and Thomas Mattingly. Find more photo highlights online at www.thepeopletribune.com.

Trib photo by Jerry Hickman

Hawks Come Up Short In Courtswarming Game Against North Callaway On Friday

APRIL M. FRONICK • EDITOR
april@thepeopletribune.com
The Clopton Hawks junior var-

sity and varsity boys' teams took on North Callaway for Courtswarming on Friday night.

Despite a hard-fought battle, the Hawks ended up on the losing end, being edged by the Thunderbirds, 48-43.

Daniel Harvey led the way for the Hawks with 16 points. Maleek McFike had nine and Zakk Evans had eight.

Coach Tony Francis said the boys showed a lot of progress in the 48 hours from when they played Lutheran St. Charles.

"We demonstrated flashes of an exciting brand of hard-nosed team basketball," Francis asserted. "Ultimately in the end we found ourselves playing not to lose. As we continue to put ourselves in these situations against bigger opponents, we will carry those experiences over and begin to play with a confidence found in championship programs," he added.

Clopton will be back in action this week for the Bowling Green Tournament.

The Hawks are seeded sixth and will once again face North Callaway which is seeded third in the tournament. The opening round game will be in the middle school gym on Thursday at 6:50 p.m.

All 22 games of the Bowling Green Tournament will be featured live and archived on TribCast, at www.thepeopletribune.com. Also find photo highlights archived following the tournament.



Maleek McFike muscled up a shot over the North Callaway defense in the courtswarming game on Friday night.

Trib photo by Jerry Hickman



Tommy Grote accepts a pass from Brian Harke and makes a move to the inside against pressure from Tyler Pederson. Silas was victorious 46-37 in the homecoming game on Friday night. Find more highlights and TribCasts this season online at www.thepeopletribune.com.

Trib photo by April M. Fronick



Silas's Izzy Sgroi squares up for a three-pointer in the homecoming game on Friday night. Silas defeated Louisiana in overtime, 47-43. Find more photo highlights and TribCasts this season online anytime at www.thepeopletribune.com.

Trib photo by April M. Fronick

Kamara Combs looks up the floor as the Lady Bulldogs faced off with Silas on Friday. Despite forcing overtime, the Lady Bulldogs fell 47-43. Find more photo highlights and TribCasts this season online anytime at www.thepeopletribune.com.

Trib photo by April M. Fronick



Louisiana's Ramington Fellewerth surveys the floor as he faces defensive pressure from Silas's Justin Hawk. Despite an early lead, the Bulldogs fell to Silas on Friday night, 46-37. Find more photo highlights and TribCasts this season online at www.thepeopletribune.com.

Trib photo by April M. Fronick



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94th Annual Bowling Green Tournament at
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SPORTS

Lady Indians Best No. Callaway In Tournament Opening Round

ARL M. FRONCK • Editor
arl@thepeoplestribune.com

In the most exciting game of the night the (5) Van-Far Lady Indians came from behind to upset (4) North Callaway, 53-43 on Monday night.

The Lady T-Birds jumped out to an 11-4 lead after the first. North Callaway extended their lead with a 12-10 second quarter despite a pair of baskets from both Jayle Jennings and Jordan Garner. North Callaway led 23-14 at halftime.

The Lady Indians came out of the break with a fiery third quarter as Jennings knocked down 12 points and the team picked up another five points from Haley Bankett. Van-Far outscored North Callaway 21-17 in the third to claim a six-point lead going into the final frame.

Garner dropped in eight points

and Palma Conaway added another six as Van-Far shut down North Callaway 17-11 in the fourth to snag the 53-43 victory.

Jennings led the charge with 21 points and earned the Community State Bank Tri-Cast Player of the Game. Other scoring included: Garner, 15; Conaway, 8; Bankett, 5; Devyn Keller, 2; Aubrey Bunge, 2.

The Lady Indians advance to the championship semifinal where they will face top-seeded Bowling Green. The Lady Cats advanced following a forfeit by (8) Winfield on Monday. The championship semifinal will be held on Wednesday in the high school gym at 5:30 p.m.

All 22 games of the Bowling Green Tournament will be featured live and archived on Tri-Cast at www.thepeoplestribune.com.



Van-Far's Jordan Garner maneuvers through the North Callaway defense to the hoop in the opening round of the Bowling Green Tournament. The Lady Indians were victorious 53-43 to advance to the championship semifinal to face top-seeded Bowling Green on Wednesday. Find the archived Tri-Cast and more photos online at www.thepeoplestribune.com.

Tri-photo by Jerry Hickerson

Lady Hawks Knock Off Louisiana In Opener

ARL M. FRONCK • Editor
arl@thepeoplestribune.com

The (2) Clopton Lady Hawks defeated (7) Louisiana in the opening round of the Bowling Green Tournament on Monday, 62-15.

Clopton was quick to light the board in the opener with six points. Louisiana returned fire with baskets from Caitlyn Glove and Mochia Campbell to trail by only one point halfway through the first quarter. By the four-minute mark, Clopton's defense dropped the hammer and the offense went to work as Clopton scored 12 unanswered points in the remainder of the first quarter. Kaitlyn Kuntz led the charge with 10 along with buckets from Taylor Akers, Megan Harrelson, Stephanie Talbert and Madison Parish.

Clopton's high-octane full-court press shut Louisiana down in the second quarter as the Lady Bulldogs were blanked in the second frame. The Lady Hawks dropped in 24 more points in the quarter to extend their lead to 42-5 at the break.

Louisiana regrouped at halftime and handled the ball better in the

third. Glove had five unanswered points to start the quarter, which was followed by a bucket from Campbell.

Clopton outscored Louisiana 17-9 in the third led by five from Harrelson and four points each from Caragan Lockard and Calynn Lockard.

There was a running clock in the fourth as Clopton won 62-15. Harrelson had 11 points and earned the Community State Bank Tri-Cast Player of the Game. Other scoring: Kuntz, 18; Calynn Lockard, 10; Caragan Lockard, 8; Madison Harrelson, 4; Parish, 4; Akers, 4; Talbert, 2; Marge Garrett, 1.

Glove led with 11 for Louisiana. Campbell and Faith Rule each had two points.

Clopton will face (3) Elsberry in the championship semifinal in the high school gym at 6:30 p.m. on Wednesday. The Lady Bulldogs will take on (6) Silas in the consolation semifinal in the middle school gym. All 22 games of the Bowling Green Tournament will be featured live and archived on Tri-Cast at www.thepeoplestribune.com.



Silas's Chloe Kinton looks for an open teammate against pressure from Elsberry's Tyesha Henderson and Tyra Henderson. Elsberry defeated Silas in the opening round of the Bowling Green Tournament, 41-31. Find the archived Tri-Cast and more photos online at www.thepeoplestribune.com.

Tri-photo by Jerry Hickerson

Lady Owls Drop Tourney Opener To Elsberry

ARL M. FRONCK • Editor
arl@thepeoplestribune.com

The (6) Silas Lady Owls put up a tough battle against (3) Elsberry but fell 41-43 in the opening round of the Bowling Green Tournament on Monday.

The trouble started in the first quarter where the Lady Indians kept Silas off the board to lead 7-0.

The Lady Owls bounced back in the second quarter behind eight points from Mollie Stanek and a bucket from Lexi Plackemeier.

Elsberry edged Silas in the second,

though, 13-11, to take a 20-11 lead into halftime.

Plackemeier dropped in six points and Stanek added a pair of baskets in the third as Silas edged Elsberry 10-9 in the frame.

Despite another eight points from Stanek, Elsberry was able to close out a 12-10 fourth quarter for an ultimate 41-43 victory.

Elsberry's Tess Weekly led the way with 14 points and earned the Community State Bank Tri-Cast Player of the Game.

Stanek led the way for Silas with 20 points. Plackemeier had eight and

Kate McDonald netted three. The Lady Owls will face (7) in the consolation semifinal on Wednesday in the middle school gym at 6:30 p.m. The teams recently squared off for the Silas homecoming game on Friday (see related article on page 8).

All 22 games of the Bowling Green Tournament will be featured live and archived on Tri-Cast at www.thepeoplestribune.com.

The top-seeded Bowling Green Lady Cats advanced to the championship semifinal following a forfeit by (8) Winfield on Monday. They will face (5) Van-Far in the semifinal on Wednesday.



Van-Far's Jordan Garner maneuvers through the North Callaway defense to the hoop in the opening round of the Bowling Green Tournament. The Lady Indians were victorious 53-43 to advance to the championship semifinal to face top-seeded Bowling Green on Wednesday. Find the archived Tri-Cast and more photos online at www.thepeoplestribune.com.

Tri-photo by Jerry Hickerson

Van-Far Teams Compete In Palmyra Tourney

ARL M. FRONCK • Editor
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The (4) Van-Far Lady Indians defeated (5) Canton in the opening round of the Palmyra Tournament last week, 63-55.

The Indians fell behind after the first quarter, 17-10. The boys made up a point in the second quarter by edging Canton 18-17. Van-Far trailed 34-28 at halftime.

Van-Far blasted back in the second half, outscoring Canton 20-6 in the third to push ahead. The teams scored evenly with 15 each in the final frame as the Indians secured the victory to advance to the championship semifinal.

Vendell Johnson led with 17 points, while Verlyn Johnson and Caden Wilburn each contributed 15. Colin Wilburn netted nine, Dillon Minor had three and Treysen Culwell and Rylee Hanson each had two.

The Indians were 40 percent from the field and were 16-23 in the clutch time.

Captain Conaway noted the team was sluggish out of the gates for the third consecutive time.

"We told the kids that Canton would be ready, they hadn't forgot about us beating them on their home floor and winning the district title last year," he said. "The pain of brothers on the team carried us in the second half. The Wilburn brothers combined for 18 points and the Johnson brothers combined for 17. They were the only four that scored for us in the half. It was a good victory for us, especially playing without our leading scorer Trey Miller (who sat out with an ankle injury

suffered last Tuesday at South Shelby."

He added the championship Van-Far had to face off with stak-racked Monroe City for the third time this season.

The top seed wasted no time getting out to a big lead early, outscoring Van-Far 24-4 in the first quarter. The Panthers increased their lead with an 11-9 second quarter. Monroe City went on to outscore the Indians 35-22 in the second half to win 68-35.

Vendell Johnson led with nine. Other scoring: Caden Wilburn, 7; Mel Troy, 5; Colin Wilburn, 4; Treysen Culwell, 4; Miller, 3; Minor, 2; Verlyn Johnson, 1.

The Indians were 39 percent from the field and went 11-21 from the free-throw line. "There isn't much to say about this one. Monroe City was better than us in all aspects of the game. They forced 28 turnovers and we just didn't make any basketball plays," Conaway remarked. "It was just didn't handle it well at all. We looked very timid and didn't want the ball in our hands."

He added the team has a lot of work to do and the game was an eye-opener for the younger members of the team.

Due to weather, the third place game of the Palmyra Tournament was cancelled and will not be made up.

Van-Far returns to action this week in the Bowling Green Tournament. The Indians are seeded second

and will face (7) Louisiana in the opening round on Tuesday, Jan. 22 at 5:30 p.m.

LADY INDIANS

The Van-Far Lady Indians were seeded seventh in the Palmyra Tournament and had the unenviable task of facing a tough (2) Monroe City team in the opening round.

The Lady Indians put up a good fight, but fell 73-53. Van-Far then took on (6) Canton in the consolation semifinal last week.

Coach Kelly Borchert pointed out the Palmyra Tournament is always tough as it always features strong teams.

"We had to start off with Monroe City, who we have played three times now, and then Canton. Even though the scores don't show it we are doing some good things. My smallest guard is getting to the basket more and we are working the ball inside more than we usually do. Jennings is starting to shoot the ball well again like she did in the first part of the season dropping 18 in both games," Borchert remarked. "And with getting the ball inside more, Garner is getting to the rim more putting up 13 in both games. We are small so rebounds have been hurting us but we have been working on it and hoping to see more rebounds in the next week."

The Lady Indians bounced back with a huge win in the opening round of the Bowling Green Tournament on Monday (see related story). All 22 games of the Bowling Green Tournament will be featured live and archived on Tri-Cast at www.thepeoplestribune.com.



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COMMUNITY NEWS

Caldwells Offers Viewing of Bald Eagles During January

Route 79 offers some of the best wildlife viewing opportunities in Missouri, bald eagles included. The Missouri Department of Conservation has recognized Clarksville as the state's most outstanding local site for nature tourism.

The Mississippi River is a migratory flight corridor for approximately 40 percent of all North American waterfowl, and for many other migratory bird species, some of which end their migration here. Clarksville's winters are usually filled with many birds; herons, geese, cormorants, white pelicans, and blue and green herons. The favorite bird of residents and visitors alike is by the bald eagle.

The open waters below Lock and Dam 24 allow the eagles to hunt fish which is their main food. The eagles also seem to have some protection from the weather here. Many times the morning location for eagles depends upon which way the wind is blowing. They do like to sit in the sunshine in the mornings along the river banks and get out of the wind on the south end of town. Some of their favorite places to roost are along the river on islands, on the sandbars and up on the bluff at the north end of town. The number of eagles who stop here vary from

year to year - Some years only a few dozen are seen, while other years a few hundred can be seen. It is all weather driven. Walter Crawford, past Executive Director of the World Bird Sanctuary in St. Louis, called Clarksville "the eagle viewing capital of the lower 48 states."

The Clarksville Visitor Center, located on the north end of town just above Lock and Dam 24, has a wonderful view of the river and eagles in the wild. Visitors can enjoy the excitement of eagle watching in the warmth of the center. Spotting scopes and binoculars are available to visitors. The visitor center also provides visitors with free information on a variety of subjects.

Bring your camera, warm clothes and the entire family. Food is available at a number of locations around town and this is a sight you won't want to miss.

A FEW EAGLE TIDBITS

Male and female eagles are identical.

Both have the white heads and tails at maturity of 5 years old. Until that time, they are dark or ochraceous (patches of white) here and there. The dark first year birds are sometimes mistaken for golden eagles.

Eagles mate for life.

Eagles will eat dead animals (easy pickings), they are opportunistic, but they do prefer fish.

Missouri's winter eagle watching is spectacular. If you can't make it out of your many Eagle Days events (check out the calendar below), browse our best-places list for locations to enjoy eagle-viewing on your own. From late December through early February, watch for eagles perched in large trees along the water's edge. Get out early in the morning to see the eagles flying and fishing.

Best places for winter eagle viewing:

•Lake of the Ozarks at Bagnell Dam Access, east of Bagnell

•Eagle Bluffs Conservation Area on Route K, southwest of Columbia

•Lock & Dam 24 at Clarksville

•Lock & Dam 25 east of Winfield

•Mingo National Wildlife Refuge northwest of Puxico

•Old Chain of Rocks Bridge south of I-270, off of Riverway Drive, St. Louis

•Rivendales Migratory Bird Sanctuary east of West Alton

•Sheldahl-Owage Conservation Area north of El Dorado Springs

•Smithville Lake north of Kansas City

•Loess Bluffs National Wildlife Refuge south of Mound City

•Swan Lake National Wildlife Refuge south of Sumner

•Table Rock Lake and Shepherd of the Hills Fish Hatchery southwest of Branson

Clarksville Eagle Days

Saturday, Jan. 26 - 9 a.m.-4 p.m.

Location: The Apple Shed

HELLO EAGLE WATCHERS!

Missouri's winter eagle watching is spectacular and we hope you will join us in Clarksville to view our national symbol in the wild. What to bring: Winter outdoor clothing, camera and binoculars (optional), family and friends. DRESS FOR COLD WEATHER!

Where: Lock and Dam 24, The Apple Shed, and River Front City Park in Clarksville.

Birds: Festival of Eagles

Date: Saturday, Jan. 26 - 10 a.m.-3 p.m.

Location: Stella Veterinarian Memorial Park

The fish-filled streams of southern Missouri are a winter home to bald eagles. Join the Chert Glades Master Naturalists, the community of Stella and local MDC staff for an eagle viewing opportunity at Stella Veterinarian Memorial Park. We will be spotting scopes set up and fun-ed-

ucational activities throughout the day. No registration required. All ages.

Discover Nature: Eagle Adventure

Date: Saturday, Jan. 26 - 10 a.m.-3 p.m.

Location: Runge Conservation Nature Center

For all ages. No registration required.

Lobby activities for all ages!

Live eagle presentations at 10 a.m., 11 a.m., 1 p.m., and 2 p.m.

Eagle viewing site at Marion Access with high-powered scopes.

Special Event: Eagle Days

Date: Saturday, Feb. 2 - 9 a.m.-3 p.m.

Location: Mingo National Wildlife Refuge Visitor Center

Winter is a great time to visit Mingo National Wildlife Refuge and Duck Creek Conservation Area for viewing bald eagles. Spotting scopes and guides will be provided to view eagles in the wild. Indoor programs will include live eagle plus exhibits, activities, and videos. Visitors can tour the Visitor Center at Mingo National Wildlife Refuge. Youth and adult groups welcome. Events are free.

Pike-Lincoln Tech Students Of The Month

After the long holiday break, Pike-Lincoln Technical Center started back with students recently.

One of the first things to happen was the recognition of December students of the month. While all students ended in so many different ways, they recognized two students each month as students of the month.

For December, PLTC is proud to recognize Jeremy Schrenmer and Chase Thornhill as students of the month. Jeremy is a Troy Buchanan High School student in health science program, while Chase is a Sikee High School student in auto service program.

Both students are leaders in their classroom and are setting the standard for behavior and skill in their programs. Both of these students will be eligible to apply for the PLTC Student of the Year scholarship during their senior year. For more information about PLTC, visit them on the web at www.pltc.edu, find us on Facebook, or just stop by and visit the school. The school is located in Rolla. Look for them next to the water tower with their name on it.



Jeremy Schrenmer Chase Thornhill

January Is National Cervical Health Awareness Month

WHAT IS CERVICAL HEALTH AWARENESS MONTH?

The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is preventable with vaccination and appropriate screening (Pap and HPV tests).

During January, NCC and its many local chapters across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection. While NCC chapters host events throughout the year, January is a month with a special focus as chapters celebrate Cervical Health Awareness Month and work to spread the word in their communities.

NCC and the American Sexual Health Association (ASHA) also offer a range of resources (listed below) to educate the public and healthcare providers about cervical health, from fact sheets to episodes of ASHA's SexHealth podcast.

What Can You Do? As someone who is interested in educating and advocating for increased knowledge of cervical cancer and HPV disease, you can do a lot. You can contact your local media to encourage coverage of Cervical Health Awareness Month, offering this ASHA/NCC press release. You can also send this proclamation to your mayor, or local legislative office to publicly recognize Cervical Health Awareness Month.

You can also check out the resources on this page, from fact sheets to episodes of ASHA's SexHealth podcast, to educate yourself and others. Download, display and distribute our cervical cancer awareness month posters and help NCC and ASHA get the word out on social media.

VACCINATION HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all males and girls get HPV vaccination at age 11 or 12 as the vaccine produces a stronger immune response when taken during the preteen years. After this age, up until age 14, only two doses are the vaccine are required. The vaccine is available for all males and females through age 45 but, for those 15 and older, a full three-dose series is needed.

TESTING

A Pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. Pap and HPV tests (either alone or in combination) are recommended for women over 30; each woman should ask her health care provider how often she should be screened and which tests are right for her.

Facebook Live

The HPV vaccine is now approved for males and females throughout age 45 and NCC hosted a Facebook live discussion to cover what you need to know about the expanded age range.

PROMOTE CERVICAL HEALTH ON SOCIAL MEDIA

You can help NCC promote the importance of cervical health and cervical cancer prevention by sharing prevention messages throughout the month that cervical cancer is preventable!

FACEBOOK 45

January is Cervical Health Awareness Month. Learn more, get involved, make a difference! <http://www.jg/jg3707606> #CervicalHealthMonth

Free fact sheet download - Ten Things to Know About HPV <http://www.jg/jg3707606> #CervicalHealthMonth

Find Free/low cost Pap tests in your area. <http://www.jg/jg3707606> #CervicalHealthMonth

FACEBOOK 45

January is Cervical Health Awareness Month. Visit NCC to learn more. Get involved and make a difference! <http://www.jg/jg3707606>

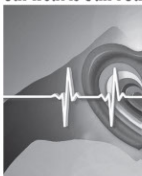
During Cervical Health Month in January ASHA is offering a free download of the fact sheet Ten Things to Know About HPV. Get yours today! <http://www.jg/jg3707606>

During Cervical Health Month in January you can download free posters and more from NCC. For more go to NCC. Get involved, make a difference! Visit the National Cervical Cancer Coalition online <http://www.jg/jg3707606>

Not one single woman ever needs to die from cervical cancer. We have the tools we need to prevent this disease so let's use them. Get involved. Make a difference! Visit the National Cervical Cancer Coalition online <http://www.jg/jg3707606>

Participants in the National Mentoring Month campaign include leading nonprofit organizations and numerous governors and mayors. Designated nonprofit and governmental agencies are responsible for coor-

Our Hearts Can't Survive Without Love Or A Healthy Lifestyle



February is National Heart Month. There are about 2.6 million people in the UK living with Coronary Heart Disease (CHD). Every single one of us has a heart which means every one of us is at potential risk.

Understanding heart conditions isn't an easy task - there are lots of different types and knowing how the heart works is more helpful when trying to learn about these condi-

tions. But looking at the facts will benefit yourself and the people you love in the long run.

Managing your diet, keeping fit, and watching your blood pressure are just a few important factors. The British Heart Foundation's webpage has information about heart disease and how you can beat them. And, don't forget to get your free fundraising kit!

This important month also gives

us the perfect excuse to sip a glass of red wine - when holding your own Red Wine Tasting Evening! Red wine is known to be good for the heart - but only in moderation! And why not continue the theme by hosting a "Come Dine Red with Me" evening by asking your friends and family to bring along a red themed dish, for example a rich cassoulet with red wine or a delicious strawberry mousse - the list is endless and a great opportunity for you to practice your cooking skills and raise money for the same time.

But there are other activities for everyone including workmates, family members or friends to take part in. You could have a wear red to work day, dye your hair red for the month, or make handmade Valentine's Day cards to raise funds for this worthwhile cause. But whatever you decide to do for National Heart Month, you can do it however you want.

There are also some great games and challenge resources for schools - teaching children about how to maintain good health and heart at an early stage.

National Mentoring Month Meant To Youth Program

National Mentoring Month is a campaign held each January to promote youth mentoring in the United States.

It was inaugurated in 2002, and is spearheaded by the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service.

Each year since 2002, President George W. Bush has endorsed the campaign proclaiming January as National Mentoring Month. The declaration has been endorsed by both chambers of the United States Congress. The campaign's media partners have included ABC, CBS, Fox News, and NBC; Comcast, the National Association of Broadcasters, Time Warner, and Viacom.

Participants in the National Mentoring Month campaign include leading nonprofit organizations and numerous governors and mayors. Designated nonprofit and governmental agencies are responsible for coor-

ordinating local campaign activities in communities across the country, including media outreach and volunteer recruitment. Local lead partners include state and local affiliates of MENTOR/National Mentoring Partnership, Corporation for National and Community Service, Points of Light Foundation and Volunteer Center National Network, America's Promise, Big Brothers Big Sisters of America.

Communities in Schools, America's Mentors and United Way of America. A highlight of the campaign is "Share Your Mentor Day," in which Americans thank and honor their mentors. People are encouraged to contact their mentors directly to express appreciation, become a mentor in their own community, make a financial contribution to a local mentoring program.

Share Your Mentor Day

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Take a Tumble?

Did you fall on an ice-covered porch, sidewalk, or driveway?

Don't suffer winter's slips and falls, come in today.



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COMMUNITY NEWS



Clarksville United Methodist Church organist Joanne Brock plays a hymn in front of one of panes scheduled for renovation as part of the last phase of the congregation's "Save Our Stained Glass Windows" project. A carved wood depiction of Jesus Christ's last supper is in the foreground. The church will host a soup luncheon from 11 a.m. to 2 p.m. on Saturday, Jan. 26 as part of Clarksville Eagle Days.

PROJECT

Continued from front page

The final part of renovation should get under way in the next few months. While it might seem a difficult proposition for a church that rarely has more than 15 people at Sunday services to raise such a large amount of money, Clarksville United Methodist is known for not shying away from big projects.

The roof was replaced in 2007, steeple work was done during the building centennial in 2008, and basement and kitchen renovations were completed in 2013. The church at the corner of Highway 79 and Howard Street in the downtown area also has gotten worldwide publicity for opening its doors to volunteers who battle ever-more-frequent Mississippi River floods.

Bush says completion of the Save Our Stained Glass Windows campaign is proof that God answers

prayer.

When we were first presented with the estimate, even the most faithful and optimistic church members felt defeated," she recalled. "We were promised the estimate would be good for 10 years. We prayed and discussed the seemingly impossible task. Then, the answer was 'All we have to do is take the first step.' As soon as we made that commitment to our church and our community, the reply came back 'With Me, all things are possible.'"



The 2019 Cuivre River Electric Cooperative Community Trust, from left are Frank Klaas, Vice Chairman; Lisa Dunham; Doug Steinmeyer, Chairman; John Deutch; Linda Whalen, Secretary; Radonda Heitman and Joyce Hollaway, Treasurer.

Two New Trustees Appointed To Cuivre River Electric Board

Two new trustees were appointed by the Cuivre River Electric Cooperative Board of Directors to the co-op's Community Trust, which facilitates the distribution of funds raised through Operation Round Up. Radonda Heitman (Lincoln/Pike counties) and Lisa Dunham (St. Charles County) were appointed as trustees, filling the vacancies left by Jim Mayes (Lincoln/Pike counties) and Melissa Anderson (St. Charles County), whose terms had expired. Heitman is a retired educator from the Elsbury R-2 School District, and Dunham serves as the marketing officer for First State Bank of St. Charles, an independent community bank serving families and businesses in the area since 1867. In addition to Heitman and Dunham, trustees include Doug Steinmeyer

(St. Charles County), Chairman; Frank Klaas (St. Charles County), Vice Chairman; Linda Whalen (Lincoln/Pike counties), Secretary; Joyce Hollaway (Warren County), Treasurer; and John Deutch (Warren County).

The Cuivre River Electric Cooperative Community Trust, a 501(c)(3) organization and the Operation Round Up program were established in 1997. Through Operation Round Up, Cuivre River Electric automatically rounds up participating members' electric bills to the next highest dollar. Those funds, which average about \$6 per member per year, are allocated to help address the needs of individuals, families and organizations in the co-op's service area that could not be met with other resources. Since then, the program has

awarded more than \$5.6 million in grants to individuals and organizations. Scholarship awards surpassed the \$1 million mark in June 2017.

To learn more about the Cuivre River Electric Cooperative Community Trust and Operation Round Up, visit CREC's website at <https://www.cuivre.com/content/operation-round-up>, or call (800) 392-3709.

About Cuivre River Electric Cooperative founded in 1941, Cuivre River Electric Cooperative is the largest of Missouri's 40 consumer-owned electric distribution cooperatives, providing electricity to more than 65,000 homes and businesses in Lincoln, Pike, St. Charles and Warren counties in Missouri. For information visit www.cuivre.com or call (800) 392-3709.



Christmas Decorating Prize Presentations

Checks were presented to the 2018 Christmas Decorating Contest winners on Tuesday, Jan. 15. The yearly contest is sponsored by the Louisiana Community Betterment Association. Prizes were given in two categories, residential and business. Winners received their checks in a presentation at the Pike County Memorial Hospital, officiated by members of the Louisiana Community Betterment Association. Winners were, from left: David Onnen, first place residential; Paula Powell, LCBA co-chair; Kim and John Sanning, second place residential; Dana Hickox, LCBA chairperson; Walter Logan, LCBA committee member; and Randall Coss, LCBA treasurer. Due to weather conditions and former commitments, other winners were unable to attend. Their checks and certificates will be forwarded to them via mail. "It is our pleasure to recognize our community members for their efforts in making the Christmas season brighter and merrier for all of our residents," stated Ms. Hickox, LCBA chairperson.

The People's Tribune welcomes your wedding and engagement announcements, social news and letters to the editor!
Email us: peopletribune@scglobo.net

Boston Honored By BOLA

For 25 Years Of Service

Kim M. Boston was recently honored for her 25 years of continuous

loyal service with Bank of Louisiana at the bank's annual holiday party.

Kim was originally hired as part-time teller in August of 1993, with already having 10 years of banking experience. In 1994, she was promoted to Customer Service Representative. Since that time, she has excelled and advanced in her career being promoted to Assistant Cashier in 2010 and Cashier in 2017. As Cashier, Boston supervises tellers as well as assists customers with online banking, mobile check deposit, IRA accounts, direct deposit payrolls, ac-

count opening and many other bank products and services.

Kim is a graduate of Louisiana High School. She continued her education after high school by taking several banking courses.

Kim has one daughter, Danielle, and son-in-law Judd Anderson of Kansas City, MO and 3 grandchildren: Aiden, Liam and Taylor.

In her spare time, she enjoys spending time with her grandchildren, friends and family. She also enjoys scrapbooking, shopping, and cheering on the St. Louis Cardinals and Kansas City Chiefs.



Kim Boston was recently recognized for 25 years of service to the Bank of Louisiana at the bank's annual holiday party. She is pictured above with Bank of Louisiana President Jim Ross.

ELECTION

Continued from front page

VANDALIA

The following individuals have filed for two-year terms on the Board of Aldermen.

Ward I: Teresa Wenzel (I).

Ward II: No filings (I).

Ward III: Linda Sue Wilson and Debbie Hopke (I).

BOWLING GREEN SCHOOL BOARD

Jim Arico (I) and Brian Scherder have filed for the two three-year terms.

LOUISIANA SCHOOL BOARD

James York (I) and Jenna Lovelace (I) have filed for the two

three-year terms.

CLAYTON SCHOOL BOARD

Kim Hunter (I), Linda Perrone, Christy Kuntz and Michele Henderson have filed for the two three-year terms.

VAN-FAR SCHOOL BOARD

Bryan Evans, Dana Keller (I), and Cecilia Wilson have filed for the two three-year terms. Kevin Motley did not re-file.

SILES SCHOOL BOARD

R. Gabe Trivelpiece (I), Matthew J. Johnston, and Robert C. Zeh have filed for the two three-year terms. Ken McDonald did not re-file.

BONCI SCHOOL BOARD

Deborah Hixson (I) and Senda Goertgen (I) have filed for the two three-year terms.

CONTEST

Continued from front page

contest are deemed ineligible to enter.

All photos submitted must be at least 8" X 10" inches in size and may not exceed 11" X 14" in size. Black and White or Color photos from digital or film cameras will be accepted. All submissions must be framed or matted for display purposes.

All photographers have the option of seeing their photos during the exhibition at the YMCA on Feb. 23. All entrants must agree to allow

"Free Use Of" photos submitted, to be reproduced for the promotion of Louisiana via publications, newspapers, online or in any advertising that promotes Louisiana, Missouri. All submissions must be submitted at the Louisiana Public Library by 3 p.m., Saturday, Feb. 16, 2019.

Entry forms and information can be requested online at: Infoform@ymcaofla.org or by calling 314-640-4420. Entry forms and information are also available at the Louisiana Public Library, located at 121 North 3rd St. during their regular operating hours. Cash prizes are awarded for Best In Show and four other participation prizes.

YMCA

Continued from front page

Child watch - kid size table and chairs, construction paper, colors, washable markers, foamcore board and foam, baby dolls, iPad or small laptop, etc. Facility - two drawer black file cabinets, computer monitor, 12"-15" paper cutter, small fire proof safe, televisions for wellness center, black 13 gallon and 8 gallon trash cans, black 32 gallon

trash cans, small shelf for internet modems.

Y Café - television, coffee, coffee cups, countertop microwave

This project is similar to moving out on your own or moving your high school senior to college - there will be items that we need and won't have, items that we will forget altogether, and items that we wonder why we have. But in the end, we will successfully open and maintain the YMCA due to the community of Vandalia and surrounding areas.



Find area sports photos from the season online at

www.thepeopletribune.com

Watch for highlights from the Bowling Green Tournament

All classified ads are payable in advance. 30-cents per word, \$3 minimum. Deadline: Monday at noon.

GARAGE SALES

ART'S FLEA MARKET - Furniture, tools, misc., Bus. 54 W., Bowling Green, 573-470-6837. Open Monday-Saturday, 9-4; Sunday, 1-4 p.m.

MOBILE HOMES

IDEAL in mobile homes, free Lance - call me for a quote, new or used, any style, size, or manufacturer. Carole 636-384-0527. (tf)

MOBILE HOME BIRD DOG - You tell me what you want, I find it. New or used, tell me what you want. Carole 636-384-0527. (tf)

FOR RENT

CLARKSVILLE 1 or 2 bedroom apartment, \$325 & \$375 per month plus deposit and references. Great area, neat and quiet. No pets. 242-3821. (tf)

SELF-STORAGE - In Vandalia. Units in 3 sizes - 10x20, 10x10, and 8x10. L&S Storage, 573-248-4563. (tf)

MODERN MATURITY BUILDING - Vandalia - Family reunion, shower, birthday. Call Art Wiser, 594-3224. Member-ships available. (tf)

WANTED TO BUY

BUYING standing timber - walnut, white oak, etc. Cash up front or shares. McKinnon Timber, 217-242-5401. (tf)

ANTIQUES - i.e., crocks, old signs, tools, coins, pocket watches, arrowheads, jewelry, knives, etc. For the Pike County Missouri and surrounding areas. We can buy your Estates - Contact Mike 314-706-9295 or 573-324-0033 and please leave a message. (tf)

THE PEOPLE'S TRIBUNE
The area's only locally-owned & operated newspaper

ACCEPTING SEALED BIDS

Louisiana R-II is accepting sealed bids for the fencing of the district's bus barn compound. Specifications are available by contact Jason House at the Louisiana R-II School District, 573-754-4894. Bids will be opened in the superintendent's office at 3321 Georgia St., Louisiana at 9 a.m., on Feb. 1, 2019.

ACCEPTING APPLICATIONS

The Bowling Green R-I School District is accepting applications for the position of part-time Paraprofessional at Frankford Elementary. The hours for this position are 8-11:30 a.m. Candidates must have 60 college hours. Substitute Certificate required. Application deadline is until position is filled. Contact the Superintendent's Office for application, 700 W. Adams, Bowling Green, MO 63334; phone 573-324-5441. (EOE)

TAKING APPLICATIONS

Bowling Green Housing Authority is currently taking applications for 1-2 bedroom apartments at the High Rise. Appliances and some utilities furnished. Rent is income-based for those who qualify. Call 324-5203.

How Can Advertising Help Your Business?

Have you ever wondered, how can advertising help your business? In short, it helps your business grow.

Benefits of small business advertising include attracting new customers and helping you sell more products and services to existing customers. It can increase profitability, too, by helping increase order size.

Who Does Advertising Do?
Advertising helps change outdated or negative perceptions of your business, if needed. Advertising can also increase visibility within your industry, helping you attract partners that can expand your business.

Indirectly, advertising helps you grow your word of mouth referrals. The more new customers you gain through advertising, the more word of mouth those customers in turn will share with others.

To sum it up, when trying to answer the question "how can advertising help a business?" you can see how it brings in more top line revenue, and drops more to the bottom line.

THE BENEFITS OF SMALL BUSINESS ADVERTISING
Let's drill down to understand exactly how advertising can help a business, de-

pending on your industry. But in reality, what does advertising do? Here are 18 benefits of small business advertising:

Locate Your Target:
For brick and mortar businesses, advertising in newspapers, magazines, television and radio can get more customers in the door.

Generate Leads:
For B2B businesses, advertising can fill your sales funnel and help you get more leads for your sales force to follow up on.

Introduce New Products:
For software or consumer manufacturing businesses, advertising can help launch products with a splash.

Highlight Product Enhancements:
If your business has an existing product or service, advertising can make the public aware of improvements. Letting the public know about your innovation can boost sales.

DEALS
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Bring in a photo and a brief description of your car, truck, motorcycle, camper or boat on a trailer and we'll feature it in The People's Tribune for 12 weeks.

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\$8,000 OBO

IMMEDIATE OPENING

CBC Bank, an equal opportunity employer, has an immediate opening for a full-time bank teller in our Bowling Green office and a full-time bank teller in our Clarksville office. Job skills are to provide basic cash receipt and payment services in accordance with bank procedures. Proficient in math with some computer skills. Must have a high school diploma. Please respond with a resume and salary history including within the body of your email and NOT as an attachment to jack_jones@cbc.bank.net.

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Hwy. 54 - Vandalia - 594-3500

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To be qualified you must have a high school diploma or GED, including successful completion of a trigonometry course and two years of experience in technical positions or an Associate Degree in Civil Engineering Technology, Construction Technology, Surveying, or related field.

Employment applications are available on-line at www.modot.org and must be submitted by Jan. 23, 2019 to be considered for this vacancy.

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SERVICES

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B&J SEPTIC
PUMPING - Commercial or residential, septic pumping & repair, sewer augering & repair, grease trap pumping and porta potty rentals. Butch Menne, 573-384-5536. (tf)

SERVICES

ALL AMERICAN
PUMPING & DRAIN - Sewer and drain cleaning, septic cleaning, clogged drains. David Charlton, 324-9932. (tf)

BROWN'S SEPTIC
PUMPING - Commercial or residential, portable toilet rental, job sites, special events, auctions. Brown's Septic Pumping, 206 Brown Lane, Louisiana, 754-5812.

NAME DOILIES - Hand crocheted by Ann Hecox. Make great personal gifts. 217-656-3654 anahcx@gmail.com.

Find area sports photos from throughout the season online at www.thepeopletribune.com



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116 N. Court - Bowling Green - 324-3688

How Mattresses Affect Sleep Quality

People make many renovations around their homes to improve their quality of life. When attention turns to the bedroom, some changes can greatly affect quality of sleep.

The temperature of the bedroom, its configuration and lighting can impact a person's ability to get a good night's sleep. However, the item that may bear the most influence is the mattress.

The Better Sleep Council says whether one wakes up feeling rested and healthy depends largely on the age of a mattress and its condition. A good mattress should alleviate pressure on joints while providing bodily support. It should not be a contributor to aches and pains. Mattresses that are seven years or older may need to be replaced.

A century or two ago, mattresses were constructed of whatever people had on hand - from feathers to pine needles to straw. That's all changed today. But even though there are many options, it's key for people to discover which material is right for

them.

Innerspring (also called coil) mattresses have been around for some time. These metal springs provide internal support. The number of coils, types of coils and distribution pattern throughout the mattress impacts how well the bed will conform to the body. These mattresses may be best for back or stomach sleepers due to their level of support. Keep in mind that innerspring mattresses may have limited durability and may start to sag after just a few years.

Memory foam

Memory foam mattresses are relatively recent additions to the market. According to the mattress shopping resource The Sleep Judge, memory foam mattresses may eventually replace innerspring mattresses. Famous for its ability to contour to the shape of the user's body, memory foam envelops a person and absorbs energy. This means there's less motion transfer. That's a big plus when sleeping with a part-

ner who moves around in bed. Memory foam provides a high level of pressure point relief and promotes proper spinal alignment.

Gel foam

Gel foam mattresses bounce back to their original form when pressure is released. Hollow columns in the mattress allow for increased air flow that improves the pressure release and enables people to sleep coolly and comfortably. Sometimes gel is paired with memory foam for a hybrid mattress.

Latex

Latex mattresses are coveted due to their durability and comfort. Latex also conforms to the body, but more generally than memory foam, so it bounces back quickly. One of the biggest draws to latex mattresses is how natural they are. Latex is made from natural rubber. Cost can be prohibitive, however, as latex mattresses tend to be expensive.

Purchasing a new mattress can lead to better sleep. This is a bedroom renovation worth pursuing.

Protect Your Home, Family From Flooding

Flooding is a natural disaster that often strikes with little, if any, warning. The environmental awareness site Natural Rivers states that floods are the most common natural hazard in North America in terms of number of lives lost and property damage. Floods can occur day or night and any time of the year. Flooding can also occur in all different terrains.

In September 2018, many of the inland towns of North Carolina were flooded in the aftermath of Hurricane Florence, displacing millions. The following month saw severe flooding in central and southern Texas that prompted Governor Greg Abbott to declare a state of disaster in 18 counties. Accuweather reported in the summer of 2018 that historic flooding closed famed Hershey Park, shuttering attractions for a few days.

Flooding can cause considerable distress, uproot families and damage structures. But even people who live in flood zones can take steps to be flood-safe.

Purchase flood insurance. Many people and properties are not covered for flooding under standard homeowners insurance policies. As a result, it is essential to purchase separate flood insurance. The home improvement and information site HomeLogic says that flood insurance may be required by mortgage companies for those financing homes in flood plains.

Have a "go bag" ready. This is a great line in preparation for any type



of emergency situation. Go bags can include a few changes of clothes, important documents and phone numbers, essential toiletries, extra cash, and non-perishable foods. You may want to stock go bags with flashlights, batteries and waterproof shoes as well. Evacuate if a flood is predicted to be severe.

Know your flood level. Check flood maps at the Federal Emergency Management Agency's website (FEMA.gov) or your local building department. This will help you know just how high the water might rise in certain scenarios so you can plan accordingly.

Safeguard key home systems. Protect sockets, switches, breakers, and wiring in a home by placing them at least one foot above the expected flood level in your area, offers the Insurance Institute for Business & Home Safety. Move the

furnace, water heater and any other key appliances so they sit above the property's flood level.

Vent the water. Foundation vents, sump pumps, drains, and more can help keep water from accumulating in or around the foundation of a home.

Consider a grading change. The grading or slope of ground can be adjusted to direct water away from your home. If your street is prone to standing water after ordinary rainstorms, talk to your county planning or environmental services department about potential modifications.

Prepare for the worst. Home pillars or columns can lift the lowest floor of a home above flood level. It's an expensive undertaking but can be worth it in high-flood areas. Flooding is no joke. Homeowners can safeguard their homes with some protective steps.

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COMMUNITY NEWS



Ben Klott Brings Home First-Place Honors

Ben Klott of Curryville participated in the 2019 Midwest Winter Nationals in Effingham, Ill., on Saturday, Jan. 19. The pull was hosted by Whatssmokin Promotions LLC. Klott won the 65 Limited Super Stock Finals with his Case/IH MX150 named New Generation Harvester. He pulled a distance of 236.80 for the first place win.

COLD WEATHER. HOT DEALS.



2018 GMC ACADIA SLT

AWD, heated leather seats, Navigation, power lift gate, lane change alert, w/side blind zone alert, 20,xxx miles - CERTIFIED • #517



2017 BUICK ENCLAVE PREMIUM

AWD, heated & cooled leather seats, Navigation, sun roof, tow package & more, 25,xxx miles - CERTIFIED • #906



2016 SIERRA 1500 SLT

4x4, crew cab, heated & cooled leather seats, Navigation, assist steps, one local owner trade, 39,xxx miles - CERTIFIED • #19327A



2015 CHEVY SILVERADO 2500 HD

LZT, crew cab, 4x4, heated & cooled leather seats, 20" wheels, assist steps, 80,xxx miles • #1595A



2015 GMC SIERRA 1500 SLT

Crew cab, heated & cooled leather seats, Bose audio, 4x4, Z71, 60,xxx miles • #19336A



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