

THE PEOPLE'S TRIBUNE

NEWS FOR PIKE, EASTERN AUDRAIN & NORTHERN LINCOLN COUNTIES

FREE

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Pike County Youth Fair Sale Slated For Thursday, July 25

The Pike County Youth Fair Sale will take place this year on Thursday, July 25.

The sale will be held in the livestock barn at 7 p.m. There is a potential of selling six steers, six hogs and four market goats. The top six lambs, four rabbit meat pens and two poultry meat pens of which three will be housed raised potentially will be sold. The top eight hogs and lambs will be sold. The number of animals sold will depend on the number that actually participate in the show.

The animals will be on display Thursday beginning at 4 p.m., on the fairgrounds.

An exhibitor may only sell one animal in the sale. One-half of the money above market price of each animal goes back to the pramium account. Each exhibitor in the inside exhibit and livestock are paid a premium on their exhibit. Any individual, business or group of individuals or businesses may purchase an animal.

For more information on the sale, contact the University of Missouri Extension Office at 324-5464.

Bethel AME Church-Paynesville To Celebrate 183rd Anniversary

The Bethel AME Church, in Paynesville will hold their 183rd Church Anniversary on Sunday July 28.

Morning worship will be held at 10 a.m., with Former Pastor the Rev. Rhoda Stuart, giving the message.

Afternoon service will begin at 3 p.m. Guest speaker will be the Rev.

Charles Norris and his congregation from St. James AME Church in St. Louis.

Dinner will be served beginning at 1 p.m.

Everyone is welcome to attend these services. Looking forward to having a great celebration.

Eastern Missouri Family YMCA Touts Benefits

With a focus on youth development, healthy living and social responsibility, the YMCA nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

The Y's four core values are caring, honesty, respect and responsibility. We challenge our members and participants to believe in and behave according to those values. If you haven't visited the Y, stop by for a tour. We would be glad to show you around and explain the benefits of a membership.

The Summer Food Service Program has served lunch to more than

200 members of the Vandala community. The program will end on July 26. Meals are served at the Y from 11:30 a.m.-12:30 p.m., to anyone in the community 18 years and younger. Anyone who participates in the lunch has the opportunity to play in the gym for an hour afterward.

Recent changes to the fitness class schedule include the cancellation of classes on Wednesday evening, July 24, Tuesday morning July 30 and Thursday morning Aug. 1. Class additions to the schedule include Monday morning class July 29th and Friday morning classes Aug. 2.

See BENEFITS on page 18

New Champ Clark Bridge To Be Dedicated On Aug. 3

Despite record flooding, Massman Construction Co. has made significant progress on the new Champ Clark Bridge and is expecting the concrete bridge to be completed sooner than originally anticipated.

"We are very excited to go ahead and work with several in the region to plan a dedication and ribbon-cutting ceremony for Saturday, Aug. 3," said Missouri Department of Transportation Northeast District Engineer Paula Gough.

The ceremony is expected to take place that evening at 6:30 p.m.

Gough stresses the bridge may not actually open to traffic that day; it could be later in the month depending on when work to the Sey

Levee can be completed.

A committee made up of residents from around the region established the date at their meeting recently after hearing about the progress being made.

The date was contingent on when the bridge could be completed, as well as when James Beachamp Clark's great grandson, Benjamin Clark, could participate, and we are pleased he is available," Gough explained.

Clark is a partner at the prestigious Bryan Cave Leighton Paisner international law firm of St. Louis. He will be at the weekly meeting of the Bowling Green Rotary Club show (Tuesday, July 23) and plans



Pike County Fair Is Underway!

Events such as the FFA-HH cattle show, gymkana and the gospel big were held over the weekend and the Pike County Fair will officially kick off today (Tuesday, July 23). Above, Sophia Thornhill of Middletown is pictured with her Grand Champion Basket Calf from the competition on Saturday night. Find photo highlights, results and more in next week's edition of the Trib.

PCMH Now Offers Aquatic Physical Therapy

Pike County Memorial Hospital (PCMH) has expanded their slate of services to offer Aquatic Physical Therapy to their patients to safely accelerate rehabilitation with less pain for individuals with a myriad of ailments.

PCMH has teamed up with the Louisiana YMCA to offer patients an alternative to the traditional land-based Physical Therapy in cases in which the patient can benefit from some of the key variables that Aquatic Therapy can offer. These include pain relief, enhanced mobility, improved muscle strength and flexibility, reduced inflammation, and less stress on joints.

By taking advantage of the body's buoyancy in water, a pool will eliminate from 20% to 90% of an individual's body weight. For example, in collarbone-deep water, a 200 pound subject will bear only 20

pounds while in the aquatic therapy pool. This, in conjunction with therapeutic warm water, allows for substantially decreased joint compression and pain.

See THERAPY on page 18



St. Clement Picnic Draws Crowd Despite Heat

Bryan Potter of Bowling Green takes a shot at the basketball game at the annual St. Clement Picnic on Saturday, July 20. See more highlights on page 11 of this week's edition of The People's Tribune. Trib photo by Nancy Cox



New Champ Clark Bridge Opening Draws Closer

The approach to the new Champ Clark Bridge is ready to roll as the long-awaited project is drawing to a close. Work is still being done on the bridge approach on the Illinois side which would often force the bridge to be closed when water would cover the roadway in flooding events. The new bridge will prevent that from ever happening again. The new bridge will be dedicated in a ceremony on Saturday, Aug. 3. Trib photo by April M. Frost.

Champ Clark Bridge Update Cancelled For July

The regular monthly project update for the Champ Clark Bridge has been cancelled for the month of July but will resume in August. In lieu of the regular monthly updates, the public is invited to join us to celebrate the new Champ Clark Bridge with a ribbon cutting and dedication ceremony on Saturday, Aug. 3 at 6:30 p.m.

The next monthly project update meeting is scheduled for Aug. 24 in Riverview Park in Louisiana and will last approximately 60 minutes.

Regular updates about construction are provided online at www.champclarkbridge.com and on the Champ Clark Bridge Replacement Facebook page.

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COMMUNITY NEWS

Community Calendar... Hannibal Regional Group Welcomes Kretz

Submit upcoming events by calling 624-6111 or toll-free 888-324-9636 or e-mail to: peopletribune@tsglobal.net

On July 24: Pike County Memorial Hospital board of trustees will meet at 10 a.m. in the second floor conference room of the hospital.

On July 27: Seniors and friends carry-in dance will be held from 7-10 p.m. at the American Legion Hall in Martinsburg. Music by Country Plus Band.

On July 27: Christmas in July lucky bingo at the Clarksville American Legion Post, 504 S. 2nd St. (Hwy. 79). Doors open at 7:30 p.m. Sponsored by the Clarksville Community Chamber of Commerce.

On July 28-Aug. 1: New Hartford Baptist Church bible school. Supper 5:30 p.m.; bible school 6-8:30 p.m. All ages including high school welcome.

On Aug. 3: from 2-4 p.m., Last days of summer at the Clarksville Library, 401 S. 2nd St. (Hwy. 79).

Outside games, ice cream cones, coloring, free thanks to sponsors Bistrot on First, and Clarksville Riverview Restaurant & Bar.

On Aug. 3: Last Days of Summer ice cream cones, 2-4 p.m., Clarksville Library. Outdoor games, crafts, coloring. Free 4-wrt. Sponsors include Bistrot on First, and Clarksville Riverview Restaurant & Bar.

On Aug. 10: Town and country yard sale, Clarksville from 7 a.m.-2 p.m. Signs up at Clarksville city hall by Aug. 7 to get your address on the yard sale map. Maps will be available at the Clarksville Visitor Center, 106 S. 2nd St. (Hwy. 79).



Megan Kretz FNP-BC

Hannibal Regional Medical Group is pleased to welcome Megan Kretz, FNP-BC to their team.

Kretz, FNP-BC earned her family nurse practitioner degree from Walden University and traveled for the opportunity to return to the Hannibal area and give back to the community.

Megan has been familiar with family medicine since she was a young child. "When choosing a career, I made the decision to become a nurse so I could be at the bedside with patients and make a positive impact on their lives - no matter what they were going through," shares Megan. "Deciding to further my career as a family nurse practitioner was easy. I have been fortunate enough to encounter many family medicine providers who are passionate about their discipline and have vast knowledge of medicine across the lifespan. I know this career would enable me to serve the community in many settings and bring a feeling of fulfillment."

"Hannibal Regional Medical Group has strong values, inspiring culture and a focus on teamwork," says Megan. "I look forward to building relationships with patients and their families while providing comprehensive healthcare to the community."

Megan will be providing care through Hannibal Regional's Express Care locations. Express Care offers quick, convenient access to basic healthcare services with no appointment necessary.

Express Care is available at all locations in Hannibal. Express Care at Hannibal Regional is located on the first floor of Hannibal Regional Medical Group and is open Monday-Friday from 7 a.m.-2 p.m. and Saturday-Sunday from 7 a.m.-2 p.m. Express Care at Walmart is located inside the Hannibal Walmart and is open Monday-Friday from 8 a.m.-8 p.m., Saturday from 8 a.m.-7 p.m. and Sunday from 11 a.m.-6 p.m.



Martinson Is CSB Scholarship Recipient

Meredith Martinson is the 2018-19 BGHS Community State Bank senior of the month scholarship winner. Meredith is pictured receiving her scholarship from Paul Hill, EVP, co-oo, and director. The Community State Bank Scholarship program was started to help the youth in the community continue their education. The school determines the monthly senior of the month winners. The monthly winners are all given the opportunity to write an essay about what advantages a community bank has and why they benefit their customers and the community. All essays are read in an anonymous fashion by a panel of bank employees. The best essays chosen and the winner notified. Community State Bank congratulated Meredith and wished her luck in her future endeavors.



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July 23 - 27, 2019

MAIN TRACK EVENTS

Tuesday, July 23

Adults: \$10;
Children 12 & Under Free
10 am - Sheep & Goat Show
2 pm - Poultry & Rabbit Show
7 pm - Motocross Dirt Bike Races
6:30 pm - Jr. Miss Pike County Contest
7:30 pm - Ms. Pike County Contest
8 pm - Outlaw Rodeo
8:15 pm - Look-a-Like Contest

Wednesday, July 24

Adults: \$10; Children 4-12: \$8
4 pm - Swine Show
6 pm - Western Fun Horse Show
6:30 pm - Little Mr. & Miss Pike County Fair Contest
7 pm - Motocross Quad Races
7 pm - Local & Pro Truck Pull

Thursday, July 25

Adults: \$10; Children 4-12: \$8
6 pm - Western Speed Horse Show
6:30 pm - Baby Show & Diaper Derby
7 pm - 4-H & FFA Livestock Sale
7 pm - Dirt Drag Racing
8 pm - Beer Garden Music
by Joey Wray

Friday, July 26

Adults: \$20; Children 4-12: \$15
6:30 pm - Talent Contest
7 pm - Adam Sanders Concert
7 pm - Power Wheels
7:30 pm - Demolition Derby
8 pm - Beer Garden Music
by Country Soul

Saturday, July 27

Adults: \$20; Children 4-12: \$15
Noon - Horseshoe Tournament
1 pm - Cornhole Tournament
1 pm - Farm Field Tractor Pull
1 pm - Garden Tractor Pull
1:30 pm - Pedal Tractor Pull
2 pm - Tim Allen Concert
3 pm - Carnival Rides Open
5:30 pm - Fashion Show
7 pm - Jesse Vaughn Concert
7:30 pm - Pro Truck & Tractor Pull,
Champion Seed Series
8 pm - Beer Garden Music
by Riverside

Daily Events

5 pm - Daily Dinner Specials
5 pm - Commercial Exhibits
5:30 pm - 4-H Exhibits Open
6 pm - Antique Tractor Display
6 pm - Carnival Rides Open
8 pm - Beer Garden Entertainment



Admission price all inclusive for carnival and events
Season Tickets: Adults \$35 • Children 4-12 \$25 • 3 and under free

Season tickets available for purchase at local ticket outlets or at the gate until close of fair on Wednesday, July 24

Find us on facebook

For complete schedule go to: www.pikecountyfair.org

Pike County Fairgrounds - Hwy 54 East between Bowling Green and Louisiana, Mo. - 573-324-3992

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 \$80 million.

Tab photo by April M. Franks

Northeast Area MO State Women In Ag Holds Conference

This fall, the Northeast Area of the MO State Women in Agriculture will host the 2019 Missouri Women in Agriculture Conference in St. Charles at the Embassy Suites Hotel, Sept. 16-18. The committee is anticipating 725 women from all over the state for the 25th annual conference.

This year's theme is "Blazing the Trail for 25 Years - Silver Rush". Some of the agricultural treasures in the area that are vital to the agriculture economy of Northeast Missouri will be showcased. Monday activities will include an opening

luncheon, informational workshops for all aspects of agricultural business, vendor/exhibitor booths, silent auction and an evening banquet with live entertainment. Tours of area agriculture will be Tuesday with a closing ceremony on Wednesday.



Please contact Katie Owens with the Lincoln County Soil & Water Conservation District at 636-528-4877, ext. 3

for any questions or assistance in registering for the conference. Registration deadline is Aug. 1.

Cuivre River State Park To Host Historic Hunting Program

Cuivre River State Park will host a free Historic Hunting program from 7:30-8:30 p.m., Saturday, July 27.

Meet the park naturalist at the campground showhouse to explore how our ancestors hunted compared to the world of hunting today.

At the end of the program, participants will have the chance to throw an atlatl, a spear-like weapon ancient peoples used to hunt. Age magnificans such as mastodons. Participants should bring a lawn chair, water and insect repellent. Please arrive early as parking is limited in the campground. Late arrivals may have to walk a short distance to the program location.

Cuivre River State Park is located at 678 State Route 147 in Troy, north of Interstate 70. For more information about this event, contact the park at 636-528-7247.

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.

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COMMUNITY NEWS



MDC Creature Feature: Possum On A Half Shell

What do possum on a half-shell, Texas speedbump, and pocket dinosaur all have in common? They're all the same animal – the nine-banded armadillo. These mammals, known for being common roadkill and a property pest, are one of the oddest-looking species in Missouri with some of the oddest behaviors. The armadillo, Spanish for "little armored one," has plates of hardened skin that nearly cover the entire body, including the head, legs, and tail. The nine-banded armadillo gets

its name from the moveable "bands" in its sidecasing. Despite popular belief, this species cannot roll into a ball. Only its three-banded relative, which resides in South America, can roll up.

Armadillos primarily live in the southern half of the state, but are expanding north as far as the low-state-line. Because these animals don't hibernate and primarily eat insects, their range is limited by extreme cold.

Armadillos are considered a "native" species of Missouri, but they didn't always live in this region. They migrated from the south and west, where they ultimately found their way to Missouri. The species continues to expand its range north across the United States.

Armadillos are considered a "na-

SUMMER LOVIN'
Armadillos' breeding season begins in the summer, followed by a 2-3 month delay when the embryo divides into four cells before each one implants in the uterus. This results in four identical offspring. After four months' implantation, the quadruplets are born with no shell around early-to-mid spring. The young are weaned around 3-month-old and become mature at 12-15 months.

PESKY PESTS
These peculiar creatures can also wreak havoc on lawns and gardens as they forage. Armadillos dig into the ground, push their nose into the soil, and use their sticky tongues to collect beetles, larvae, and other invertebrates, much like their closest-living relative, the sticky-tongued anteater. Excavating burrows to bear their young can also lead to conflicts with property owners.

Though there is no hunting or trapping season for armadillos, the Wildlife Code of Missouri specifies

that damage-causing armadillos may be trapped or shot to prevent further destruction. Cage-type traps are effective in catching these property pests. For more information on handling nuisance armadillos, visit <http://mdc.mo.gov/wildlife/nuisance-problem-species/nuisance-creature-species/armadillo-control>.

LET'S TALK LEPROSY
Armadillos are natural carriers of the bacteria that causes Hansen's disease, also known as leprosy. This condition can lead to disfigurement and nerve damage. According to the Centers for Disease Control and Prevention, it may be possible that armadillos can transmit the disease to people, but the risk is very low and those who come into contact with the animals are unlikely to become infected.

There have been no armadillo-transmitted leprosy cases in Missouri. However, MDC recommends wearing gloves if armadillos must be handled. For more information on the nine-banded armadillo, visit MDC's online Field Guide at <https://nature.mdc.mo.gov/discover-nature/field-guide/nine-banded-armadillo>.

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COMMUNITY NEWS

MDC, State Of Missouri Increase Penalties For Poaching

The Missouri Department of Conservation (MDC) and the Missouri legislature and governor have taken actions to increase penalties for those caught poaching Missouri game animals and other native wildlife species.

Missouri Governor Michael Parson signed HB260 into law July 11. Called the Poaching Bill, it significantly raises fines for those convicted of illegally taking Missouri game species and other native wildlife. HB260 was sponsored by Representative Jared Taylor (Republican) and Senator Mike Bernskoetter (Jefferson City).

New fine amounts include \$10,000-\$15,000 for each elk or black bear killed illegally, \$1,000-\$5,000 for each whittled buck killed illegally, \$500-\$1,000 for each wild turkey, and \$500-\$1,000 for each paddlefish.

The fines are considered restitution payments for poaching game animals and are ordered by a judge.

Monies from the fines go to the state's school moneys fund. The restitution payments are in addition to other fines and penalties for violating the Wildlife Code of Missouri. The new fines will go into effect Aug. 28.

Supporters of the bill said that increased fines for poaching were too low in Missouri. The bill also gained support in part from five Missouri elk that were illegally killed by poachers in the past few years. None of the cases has yet been solved.

Earlier this year, MDC and the Missouri Conservation Commission increased the penalty points they give to individuals convicted of violating the Wildlife Code of Missouri for illegal activities, including poaching.

According to MDC records, 547 wild turkeys, 58 paddlefish, and 4,731 deer were illegally taken, or poached, in 2017 and 2018. MDC is also investigating the poaching of five elk over the past several years.

Black bear poaching incidents are a growing concern as well.

"In addition to doing what we can by increasing penalties for Wildlife Code violations, conservation agents are also working with county prosecutors and judges to help reduce incidents of poaching and other violations by increasing penalties such as fines and jail time," said MDC Protection Division Chief Randy Doman.

Doman explained how penalties are determined.

"The state legislature has the authority to establish penalty classifications related to poaching and other wildlife violations," Doman said. "MDC and the Missouri Conservation Commission set the regulations of the Wildlife Code of Missouri and conservation agents issue tickets for violations, such as for poaching. Agents then submit those tickets to the appropriate county courts. County prosecutors then determine how to proceed with the violations.

If the person is convicted of the violations by the county court, the judge then determines fines, jail time, and/or other penalties. Monies from fines are kept in the county and do not go to MDC."

Doman added that depending on the violation, MDC staff can then assign persons convicted of Code violations anywhere from zero to 16 points per violation.

"Once a person accumulates 16 points, MDC staff will review the circumstances surrounding the violations and may recommend that the Conservation Commission consider revoking or suspending the person's permit privileges for up to one year," Doman explained. "If a person accumulates more than 16 points, the recommendation to the Commission may be for a suspension of more than one year. Staff consider the person's accumulated points for the past five years in making recommendations to the Commission."

Examples of recent MDC penalty-point increases are:

- Legal hunting of wildlife from 4 to 8 points,
- Buying, selling, having, or releasing prohibited invasive species from 4 to 16 points,
- Violations related to paddlefish from 4 to 12 points,

- Taking over the legal limit of deer and turkeys from 8 to 12 points,
- Doubling points for other violations related to illegal taking of wildlife from 4 to 8 points, and
- Releasing feral hogs into the wild from 0 to 16 points.

Learn more about MDC's point system for wildlife violations at mdc.mo.gov/about-us/about-regulations/point-system-wildlife-code-violations

MDC asks that anyone with information on poaching cases call Operation Game Thief at 1-800-392-1111.

Salt River Master Gardeners To Meet Aug. 6

The Salt River Master Gardeners will hold its monthly meeting on Tuesday, Aug. 6 at 7 p.m., at the HLGU Burton Administration Building, Room 129.

The building is handicap accessible. Master Gardener Maxine Moore will present the program. The public is welcome to attend.

For more information contact 573-769-2177 or Janet Miller at 573-784-2383.

Summer Safety Tips

- **Remember Missouri's 10 Ft. Rule.**

Notify your utility when you will be working within 10 feet of power lines.

- **Call 8-1-1** before you dig.

Keep electronics, appliances & power tools away from sinks, tubs, pools, puddles, wet hands & wet surfaces.



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COMMUNITY NEWS

OBITUARIES

Continued from page 4



Dr. John Middleton

John W. Middleton, MD went home to the Lord Sunday, July 21, 2019.

A lifelong native of Pike County, he was born in Bowling Green Aug. 19, 1925 to Jacob Harold and Mary Jane Whitstone Middleton. John attended Bowling Green High School and then Westminster College in Fulton where he was a member of the Kappa Alpha Order Fraternity.

When his country called, he served two years with the U.S. Fifth Army as a private in Italy until the war's end. Returning to Missouri, he attended Washington University, graduated from the University of Missouri School of Medicine (then only a two-year medical school) and received his doctor of medicine from Temple University in Philadelphia, Penn., on June 14, 1951, followed by an internship at Kansas City General Hospital.

Notably, he did not graduate from high school or college, but earned

enough credit hours to move forward from each, ultimately receiving his medical degree.

Dr. John was married to his lifelong love, Mary Alice Jaeger of Clarksville on June 17, 1951 who preceded him in death in 2014.

After a short time in Carlsberg III, he returned to Louisiana where he established (with Dr. Joe Martin, on only a handshake), the Pike County Medical Group. He practiced medicine in Pike County for over 30 years and delivered over 2,000 babies (his favorite job!).

After retirement, he served as a cruise ship physician, traveling around South America and Hawaii on the "Love Boat." He also served on the Pike County Memorial Hospital board and was a 50-year member of the Elks Lodge and the American Legion.

Dr. Middleton had a lifelong love for Pike County, living in the same house for over 60 years. His real passion though, was for boating on the Mississippi River. Over his 93 years, he owned numerous boats and navigated several cruises to Minneapolis and Kentucky Lake. Other interests included gardening, farming, gibbetting, and Dixieland Jazz.

Dr. Middleton is survived by his four children, John E. of Springfield, and wife, Peggy and daughters, Amanda and husband, Pablo Bravo; Katie and husband, Sean Davis and daughter, Edith; Patsy and husband, Carlos Arriba; Alice Jane Holzhausen of Millatale, Ill., and husband, Jay and children, Jason and Emily, Joe of Grain Valley and wife, Diana and daughter Amanda; and Tom of Louisville, Ky., and Ann Mudd and sons Mackey and Jacob Price.

Visitation will be held from 5-8 p.m., Friday at Collier Funeral Home in Louisiana. The Rev. Jay Ayers, assisted by the Rev. Randall

Cone will officiate services at 2 p.m., Saturday at the First Presbyterian Church in Louisiana, and joining his wife of 62 years in Bowling Green Cemetery.

In lieu of flowers, please make donations to the First Presbyterian Church, Louisiana.



Jackie Joe Carr

Jackie Joe Carr, 87, of Bowling Green went to be with his Savior Wednesday, July 17, 2019 at Barnes Jewish Hospital in St. Louis surrounded by his family.

Funeral services will be held at 2

p.m., Sunday at Bibb-Veach Funeral Home in Bowling Green. Borial will be in Fairview Grassy Creek Cemetery in Louisiana with military rites being conducted by VFW #5553 and the MO Military Honors.

Visitation will be held from 3-7 p.m., Saturday.

Jackie was born Aug. 18, 1931 in Frankfort. He was the son of Joseph Webster and Ruby Beulah Walker Carr. On May 28, 1955 in Hannibal he married Sue Laverne Daniel. She survives.

Other survivors include a son, Edward Carr of Clarksville; three daughters, Belinda Carr of Bowling Green, Kathy Capps and husband, Mike of Eolia, and Stacey Stoops and husband, Ronnie of Troy; 13 grandchildren; 24 great-grandchildren; and three great-great-grandchildren.

He was preceded in death by his son, Kevin Carr; grandson, B.J. Carr; brother, Virgil Carr; and sisters Ruby Keller, Lois Starnan, and Karen Smith. Jackie grew up in Frankfort and lived most of his life in Pike County. He was a member of the Grassy Creek Baptist Church and recently

attended Second Baptist Church in Bowling Green. He served in the United States Army and was sent over seas to Austria. Jackie loved to listen and talk to people, never knew a stranger and loved the Diner.

He enjoyed a competitive card game of spades, watching the Cardinal baseball team play, working in the garden, and most of all he loved his family and his grandkids.

Palbearers will be grandsons, Aaron Carr, Jason Capps, Wesley Elam, Nicholas Jones, Joey Tabor, and Kyle Stoops. Honorary palbearers will be Mike Capps, Ronnie Stoops, Jake Carr, Steven Love, Carl Brown, Chris Zumwalt, and Kyle Branson.

Memorials may be made to Show Hope (movement care for orphans) or the Second Baptist Church in Bowling Green.

Betty Lou Bontz

Betty Lou Bontz, 81, of Vandalia died Monday, July 8, 2019 at her home in Vandalia.

No services are planned at this time.

See OBITUARIES on page 8



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COMMUNITY NEWS

OBITUARIES

Continued from page 7



Donald Nation

Sitting in his lawn chair, surveying his garden, crops and countryside Donald Lee Nation, 82, entered into eternal rest with his Lord Saturday, July 20, 2019.

Born on March 20, 1937 the first son to Norman and Ima Kisor Nation

at home in rural Vandalia.

In his youth, the family moved south of Vandalia where he enjoyed being pestered by his two younger brothers, Martin Ray and Larry Glen and working on the farm. He attended various one room school houses including Pleasant Plains, McClintic and New Michigan.

In 1955 Don graduated from Vandalia High School. He served in the Navy Reserves for 12 years. Don worked at C-E Refractories, National and NARCO in addition to being a livestock and grain farmer.

He enjoyed hunting and spending time with his cows and on his antique tractor. Don enjoyed visiting with everyone he knew and even those he didn't.

In 1960, he married the love of his life, Marlene Hitz, registered nurse and farmer.

Don is survived by his wife, four loving children, Warren Dale Nation and Kerri Reading, Julie Gayle Becker and husband, Edward, Jolene Sue Newman and husband, Bruce, and Wesley Dean National and wife, Kimber; eight sweet grandchildren, Nicole McConnell and husband, Michael, Haley Schwidkesh, Michael Becker, David Becker and wife, Shelby,

Megan Myers and husband, Stephen, Jeremiah Weinstein and wife, Michelle, Emma Heffler and husband, David, and Grace Nation; seven active, great-grandchildren, Alex, Julian, Austin and Jacob Holtkamp, Bentley McConnell, Hadassah Becker, and Kellen Myers.

He was preceded in death by one great-grandson, Gabriel Besoni Becker on March 22, 2019.

Memorial services will be held at 3 p.m., Wednesday at Buehoffs Funeral Home in Vandalia.

Visitation will immediately follow the service until 6 p.m., at the funeral home.

Memorial contributions may be made to the Vandalia YMCA, 309 S. Main St., Vandalia, MO 63382 or the Vandalia Methodist Church, 201 S. Jefferson St., Vandalia, MO 63382.

Online condolences may be made at www.buehofffuneralhome.com.



Donald Herriman

Donald Herriman, 76, of Eolia died at his home on Sunday, July 21, 2019.

Visitation will be Thursday from

10 a.m. - 1 p.m., at McCoy-Blossom Funeral Home, Main and Church sts., Eolia.

Funeral will also be Thursday at 1 p.m., at the funeral home with the Rev. Sammy Lorton officiating.

EASY MARINATED MUSHROOMS

Ingredients:

- 1 pound crimini mushrooms
- 1/4 cup olive oil
- 1/4 cup white wine vinegar
- 1/4 cup diced red onion
- 2 cloves garlic, minced
- 2 teaspoons brown sugar, packed
- 1/2 teaspoon dried oregano
- 1/2 teaspoon whole black peppercorns
- 1/4 teaspoon crushed red pepper flakes, optional
- 1 bay leaf
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

Directions:

1. In a large pot of boiling salted water, cook mushrooms just until tender, about 3-4 minutes; drain well.
2. In a large bowl, combine mushrooms, olive oil, vinegar, red onion, garlic, sugar, oregano, peppercorns, red pepper flakes and bay leaf; season with salt and pepper, to taste.
3. Transfer to an airtight container and place in the refrigerator for at least 8 hours and up to 5 days.
4. Serve at room temperature, garnished with parsley, if desired.

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COMMUNITY NEWS

SBA Fact Sheet For Disaster Loans

Missouri counties eligible for SBA disaster loans include: Andrew, Atchison, Boone, Buchanan, Carroll, Chariton, Cole, Cross, Hick, Jackson, Jasper, Lafayette, Lincoln, Livingston, Miller, Osage, Pike, Platte, Polk and St. Charles.

Economic injury only in the contiguous Missouri counties of: Audrain, Barton, Caldwell, Callaway, Camden, Cass, Christian, Clay, Clinton, Cooper, Dade, Dallas, Daviess, DeKalb, Franklin, Gasconade, Geny, Grady, Howard, Johnson, LaGrange, Lawrence, Linn, Macon, Maries, Moniteau, Montgomery, Morgan, Newton, Randolph, Pettis, Phelps, Polk, Ralls, Randolph, Ray, Saline, St. Louis, Texas, Warren and Webster; for economic injury only in the contiguous Iowa counties of: Fremont and Page; for economic injury only in the contiguous Illinois counties of: Calhoun, Jersey, Madison and Pike; for economic injury only in the contiguous Kansas counties of: Atchison, Cherokee, Crawford, Doniphan, Johnson, Leavenworth and Wyandotte; and for economic

injury only in the contiguous Nebraska counties of: Nemaha, Otoe and Richardson

Application Filing Deadline: Physical Damage: Sept. 9, 2019

Economic Injury: April 9, 2020

If you are located in a declared disaster area, you may be eligible for financial assistance from the U. S. Small Business Administration (SBA).

What Types of Disaster Loans are Available? • Business Physical Disaster Loans - Loans to businesses to repair or replace disaster-damaged property owned by the business, including real estate, inventories, supplies, machinery and equipment. Businesses of any size are eligible. Private, non-profit organizations such as charities, churches, private universities, etc. are also eligible. • Economic Injury Disaster Loans (EIDL) - Working capital loans to help small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most private, non-profit organizations of all sizes meet their ordinary and necessary financial obligations that cannot be met as a direct result of the disaster. These loans are intended to assist through the disaster recovery period. • Home Disaster Loans - Loans to homeowner or renters to repair or replace disaster-damaged real estate and personal property, including automobiles. What are the Credit Requirements? • Credit History - Applicants must have a credit history acceptable to SBA. • Repayment - Applicants must show the ability to repay all loans. • Collateral - Collateral is required for physical loss loans over \$25,000 and all EIDL loans over \$25,000. SBA takes real estate as collateral when it is available. SBA will not decline a loan for lack of collateral, but requires you to pledge what is available. What are the interest rates? By law, the interest rates depend on whether each applicant has credit available elsewhere. An applicant does not have Credit Available Elsewhere when SBA determines the applicant does not have sufficient funds or other resources, or the ability to borrow from non-government sources, to provide for their own disaster recovery. An applicant, which SBA determines to have the ability to provide for his or her own recovery is deemed to have Credit Available Elsewhere. Interest rates are fixed for the term of the loan. What are Loan Terms? The law authorizes loan terms up to a maximum of 30 years. However, the law restricts businesses with credit available elsewhere to a maximum 7-year term. SBA sets the installment payment amount and corresponding maturity based upon each borrower's ability to repay. What are the Loan Amount Limits? • Business Loans - The law limits business loans to \$2,000,000 for the repair or replacement of real estate, inventories, machinery, equipment and all other physical losses. Subject to this maximum, loan amounts cannot exceed the verified uninsured disaster loss. What Restrictions are there on Loan Eligibility? • Home Loans - SBA regulations limit home loans to \$200,000 for the repair or replacement of real estate and \$40,000 to repair or replace personal property. Subject to these maximums, loan amounts cannot exceed the verified uninsured disaster loss. What Restrictions are there on Loan Eligibility? See LOANS on page 10

entities and their owners who cannot provide for their own recovery from non-government sources, as determined by the U.S. Small Business Administration.

• Business Loan Ceiling - The \$2,000,000 statutory limit for business loans applies to the combination of physical, economic injury, mitigation and refinancing, and applies to all disaster loans to a business and its affiliates for each disaster. If a business is a major source of employment, SBA has the authority to waive the \$2,000,000 statutory limit.

• Home Loans - SBA regulations limit home loans to \$200,000 for the repair or replacement of real estate and \$40,000 to repair or replace personal property. Subject to these maximums, loan amounts cannot exceed the verified uninsured disaster loss. What Restrictions are there on Loan Eligibility? See LOANS on page 10

• Economic Injury Disaster Loans (EIDL) - The law limits EIDLs to \$2,000,000 for alleviating economic injury caused by the disaster. The actual amount of each loan is limited to the economic injury determined by SBA, less business interruption insurance and other recoveries up to the administrative lending limit. EIDL assistance is available only to

entities and their owners who cannot provide for their own recovery from non-government sources, as determined by the U.S. Small Business Administration.

• Business Loan Ceiling - The \$2,000,000 statutory limit for business loans applies to the combination of physical, economic injury, mitigation and refinancing, and applies to all disaster loans to a business and its affiliates for each disaster. If a business is a major source of employment, SBA has the authority to waive the \$2,000,000 statutory limit.

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COMMUNITY NEWS

LOANS

Continued from page 9

• **Uninsured Losses** - Only uninsured or otherwise uncompensated disaster losses are eligible. Any insurance proceeds which are required to be applied against outstanding mortgages are not available to fund disaster repairs and do not reduce loan eligibility. • **Indigible Property** - Secondary homes, personal pleasure boats, airplanes, recreational vehicles and similar property are not eligible, unless used for business purposes. Property such as antiques and collections are eligible only to the extent of their functional value. Amounts for landscaping, swimming pools, etc., are limited. • **Noncompliance** - Applicants who have not complied with

the terms of previous SBA loans may not be eligible. This includes borrowers who did not maintain flood and/or hazard insurance on previous SBA loans.

Note: Loan applicants should check with agencies/organizations administering any grant or other assistance program under this declaration to determine how an approval of SBA disaster loan might affect their eligibility.

Is There Help with Funding Mitigation Improvements? If your loan application is approved, you may be eligible for additional funds to cover the cost of improvements that will protect your property against future damage. Examples of improvements include retaining walls, seawalls, sump pumps, etc. Mitigation loan money would be in addition to the amount of the approved loan, but may not exceed 30 percent of total amount of physical damage to real property, including household improvements, and personal property is verified by SBA to a maximum of

\$200,000 for home loans. It is not necessary for the description of improvements and cost estimates to be submitted with the application. SBA approval of the mitigating measures will be required before any loan increase. Is There Help Available for Refinancing?

SBA can refinance all or part of prior mortgages that are evidenced by a recorded lien, when the applicant (1) does not have credit available elsewhere, (2) has suffered substantial uncompensated disaster damage (40 percent or more of the value of the property or 50 percent or more of the value of the structure), and (3) intends to repair the damage.

Businesses - Business owners may be eligible for the refinancing of existing mortgages or liens on real estate, machinery and equipment, up to the amount of the loan for the repair or replacement of real estate, machinery, and equipment. • **Homes** - Homeowners may be eligible for the refinancing of existing liens on mortgages on homes, up to the

amount of the loan for real estate repair or replacement. What If I Decide to Relocate? You may use your SBA disaster loan to relocate. The amount of the relocation loan depends on whether you relocate voluntarily or involuntarily. If you are interested in relocation, an SBA representative can provide you with more details on your specific situation. Are There Insurance Requirements for Loans? To protect each borrower and the Agency, SBA may require you to obtain and maintain appropriate insurance. By law, borrowers whose damaged or collateral property is located in a special flood hazard area must purchase and maintain flood insurance. SBA requires that flood insurance coverage be the lesser of 1) the total of the disaster loan, 2) the insurable value of the property, or 3) the maximum insurance available.

Applicants may apply online, receive additional disaster assistance information and download applications at <https://disasterloan.sba.gov/da>. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance.

Individuals who are deaf or hard-of-hearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kiggspoor Road, Fort Worth, TX 76155.

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COMMUNITY NEWS

Hay Rides, Kid's Games, Delicious Food At The Annual St. Clement Picnic On Saturday

Trib Photos By Nancy Case



Owen Whitehead of Bowling Green prepares to make a ring toss at the 2019 St. Clement Picnic on Saturday, July 20 at Dominic Buggen of Independence, Ky, looks on.



Kevin and Ann Glass of Bowling Green are pictured eating a fried chicken meal at the annual St. Clement Picnic on Saturday, July 20.



Three generations of potato peelers were on hand early Saturday, July 20 to prepare for the 2019 St. Clement Picnic. Pictured, from left, grandmother, Judy Ripen, her granddaughter, Grace Twilman, and daughter, Dosh Twilman.



Marty Moss of New Hartford is pictured in the buffet line at the St. Clement Picnic on Saturday, July 20.



St. Clement Knights of Columbus member Mal Olaf of Bowling Green is pictured making snow cones at the annual St. Clement Picnic on Saturday, July 20. With the high temperatures on Saturday snow cones were in high demand for those attending.



Mary Jo Jennings, left, and Mary Carol Niemeyer sell chances for the 2019 St. Clement Picnic quilt raffle on Saturday, July 20. The lucky winners were Penny Lueblich of Bowling Green whose name was drawn for the pink/mossy quilt and Tony Twilman of Bowling Green won the yellow and orange quilt.



St. Clement Knights of Columbus member Earl Niemeyer is pictured helping Ella Pickler of Wentzville catch a fish on Saturday, July 20 at the 2019 St. Clement Picnic.



St. Clement Knights of Columbus member Paul Niemeyer is pictured letting the pack of pigs loose during the St. Clement Picnic held Saturday, July 20.



St. Clement Ladies Sodality members, from left, Marie Niemeyer, Karen Dalton, Stephanie Meyer, and Ellen Sulzer stand ready to refill food during the annual St. Clement Picnic on Saturday, July 20.



Olivia Lueblich of Bowling Green, left, patiently waits for Macy Turner of Bowling Green to finish her turn at the ring toss on Saturday, July 20 at the annual St. Clement Picnic.

COMMUNITY NEWS

SBA Ready To Assist Businesses, Residents Affected By Severe Storms

Low-interest federal disaster loans are now available to Missouri businesses and residents as a result of President Trump's major disaster declaration, U.S. Small Business Administration's acting Administrator Christopher M. Pilkerton announced.

The declaration covers Andrew, Ashison, Boone, Buchanan, Carroll, Charlton, Cole, Greene, Holt, Jackson, Jasper, Lafayette, Lincoln, Livingston, Miller, Osage, Pike, Platte, Pulaski and St. Charles counties as a result of the severe storms, tornadoes and flooding that began April 29, 2019.

"SBA is strongly committed to providing Missouri with the most ef-

fective and customer-focused response possible and with access to federal disaster loans to help businesses and residents affected by this disaster," said Pilkerton. "Getting our businesses and communities up and running after a disaster is our highest priority at SBA."

Businesses of all sizes and private nonprofit organizations may borrow up to \$2 million to repair or replace damaged or destroyed real estate, machinery and equipment, inventory and other business assets. SBA can also lend additional funds to businesses and homeowners to help with the cost of improvements to protect, prevent or minimize the same type of disaster damage from occurring in the future.

For small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private nonprofit organizations of any size, SBA offers Economic Injury Disaster Loans to help meet working capital needs caused by the disaster. Economic injury assistance is available to businesses regardless of any property damage.

Disaster loans up to \$200,000 are available to homeowners to repair or replace damaged or destroyed real estate. Homeowners and renters are eligible for up to \$40,000 to repair or replace damaged or destroyed personal property.

See SBA on page 13

Local Students Graduate From Quincy University

Quincy University hosted its 156th Commencement ceremony on Saturday, May 11 beginning at 3 p.m. in Quincy University's Pepsi Arena.

The 2019 graduating class is comprised of 210 undergraduates with an additional 43 graduate degree recipients.

The procession was led by University marshal, Robert Meyer, distinguished professor of art and assistant marshal, Dr. David Kirchhofer and Dr. Scott Luders, professors of physics and chemistry, respectively. Dr. Teresa Reed, vice president for academic affairs, co-nerved the ceremony and Rev. Grand William Spencer O.F.M., director of campus ministry, delivered the invocation. Senior choir members Racin

Codho, Casey Pigg and Genesis Torres performed the National Anthem and the Quincy University Alma Mater.

Graduates elected senior representative Ernest A. Baker, Jr. to deliver the program's welcome address and reflection. Baker majored in human services with a minor in English. Baker has been heavily involved on campus during his time at QU. He was resident director, student ambassador, secretary of Kappa Kappa Psi's Lambda Chi chapter, secretary of Quincy's Alpha Phi Omega Extension Effort and the founder and president of the Black Student Union.

Area graduates include: Valerie Kirk of Curryville, and Ashley Renee Renfro of Vandalia.

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Faster, Gentler Rehabilitation

If you're suffering from arthritis, fibromyalgia, musculoskeletal injuries, chronic pain, sports or work-related injuries, or if you require post-surgical rehabilitation, PCMHA's aquatic therapy program can help.

Aquatic therapy uses water to reduce the effects of gravity and stress on your body so you can move easily, and with less pain. Whether you're a competitive athlete or an active older adult, our certified aquatic rehabilitation specialists can help you to regain your strength faster-so you can get back to the activities you enjoy.

How Does the Program Work?

An in-pool therapy session may include in-pool step training, or the use of weights, buoys, and specialized aqua therapy products for resistance and support.

At PCMHA Physical Therapy, we tailor each session to meet your unique needs-The length and frequency of the sessions will depend on your capabilities. Additional land exercises and hands-on-therapy may be incorporated into your treatment plan to achieve the best outcome.

What are the Benefits of Aquatic Therapy?

Aquatic therapy reduces joint stress and provides muscle resistance and ease of movement through a relatively low- or no-impact environment. This will allow you to rapidly improve your mobility, strength and function during the healing process.

How Can I Get Started?

A physician's referral is required to participate in aquatic physical therapy, so talk to your doctor about what options you should consider. Or, call PCMHA's Physical Therapy Department (573) 754-5531 for more information.



COMMUNITY NEWS

Applicants Sought For Food, Shelter Funds

New federal funding has been allocated for emergency food and shelter programs in 11 Missouri counties.

The area covers Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Shelby and Warren counties. Public or private voluntary agencies interested in applying for funding are asked to call Diana Hendrix, 314 S. Main in Monroe City, at 573-355-2131. Applications must be received by 10 a.m. Aug. 7.

The region is known as District 13. The funding comes from the Department of Homeland Security/Federal Emergency Management Agency under the Emergency Food and Shelter National Board Program.

The selection was made by a National Board that is chaired by FEMA and consists of representatives from American Red Cross, Catholic Charities, USA; National Council of the Churches of Christ in the USA; The Jewish Federations of North America, The Salvation Army, and United Way Worldwide.

The local board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

A local board will determine how the funds awarded are to be distributed among the emergency food and shelter programs run by local service agencies in the area. The board is responsible for recommending agencies to receive these funds and any additional funds made available under this phase of the program.

Under the terms of the grant from the national board, local agencies chosen to receive funds must be private voluntary non-profits or units of government; be eligible to receive federal funds; have an accounting system; practice nondiscrimination; have demonstrated the capability to deliver emergency food and/or shelter programs; and have a voluntary board. Qualifying agencies are urged to apply. District 13 has distributed Emergency Food and Shelter funds previously for providing meals and nights of lodging.

Congress has appropriated funds

the location of disaster recovery centers is available by calling the SBA Customer Service Center at (800) 659-2925.

About the U.S. Small Business Administration

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations.

To learn more, visit www.sba.gov.

To Mars And Beyond' Is Theme Of

Curryville Presbyterian Church VBS

Curryville Presbyterian Church will be hosting 'To Mars and Beyond' VBS from July 28 - Aug. 1 from 5:30-8:15 p.m., each evening.

Come join them as they Go Beyond With Faith! Boldness! Kind-

ness! Thankfulness! And Hope! A light supper will be provided each night beginning at 5:30 p.m. Ages three years to sixth grade are welcome!

Come and bring your friends.



Watch for photos from the annual Pike County Fair in next week's edition!

SBA

Continued from page 12

Interest rates can be as low as 4 percent for businesses, 2.75 percent for private nonprofit organizations and 2.063 percent for homeowners and renters with terms up to 30 years. Loan amounts and terms are set by SBA and are based on each applicant's financial condition.

To be considered for all forms of disaster assistance, survivors must first contact the Federal Emergency Management Agency at www.disasterassistance.gov. As soon as Federal-State Disaster Recovery Centers open throughout the affected area, SBA will provide one-on-one assistance to disaster loan applicants. Additional information and details on

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HAVE FUN AT THE FAIR!

COMMUNITY NEWS

Tips To Travel Without Busting The Budget Five Ways Travel Improves Mood, Personal Health

If people wanted to get rich to see the world, they may never travel to destinations near and far. Even though many people view travel as a luxury, there are plenty of ways to take trips even when money is tight.

In a 2018 survey of 1,000 people ages 18 and older, Bankrate found that nearly half of respondents planned to skip travel that year. Among the 49 percent of respondents who weren't planning a vacation, 50 percent said they just couldn't afford it. By prioritizing travel as a goal, cuts can be made elsewhere so there's money in the budget for vacations.

Proper planning, research and a go-with-the-flow attitude can make budget-friendly traveling a realistic possibility. Here's how to get started.

- Maximize your card rewards. If you're excellent about paying for credit card bills in full each month, shop around for cards that offer the most travel bang for your buck. Hefty sign-on bonus points enable you to rack up travel dollars after a set amount of spending. Those "miles" or "points" can be turned into hotel rooms, airline tickets, rental cars, and more.

- Be flexible on travel dates. Set up alerts for when fares drop and be able to leave when you see the lowest. Various apps, such as Yapta or Hopper, will send price notifications on flights being tracked. Keep your



bags packed and be ready to go when you find your budgeted price.

- Cut lodging costs when possible. Travel to destinations where you know someone and you can enjoy a few nights of free accommodations. Even two or three nights in someone's guest room or on their sofa can save a few hundred dollars in overall costs. Airbnb and Vacation Rentals By Owner are some additional services that can pair travelers with

price-savvy spots to stay. Hostels are dorm-style rooms that also make for cheap accommodations if you don't need much space or luxury.

- Travel a little to travel a lot. The nearest airport may not offer the best

deals for your budget. Consider increasing your travel radius several miles and fly out of a different airport and even a smaller one. Also, when booking hotels, look beyond city centers or tourist areas. Rates decrease the further out you go.

- Travel together to split the costs. Get a group together and maximize the savings, advises Credit Karma. You may be able to score group rates to event, or you can split the cost of a larger condo or home among all travelers.

- Budgeting for travel and learning how to vacation for less can help anyone get away when they desire.

Vacations can be great ways to see the world, soak up some culture and get away from the bustle and bustle of everyday life. But traveling can have benefits that last longer than a one- or two-week vacation.

Traveling can have a positive effect on personal health and well-being, as various studies point to how travel can boost one's state of mind and overall mood. The following are five ways that traveling can positively affect travelers' mood and health.

1. Increases happiness: People are happier when they have a trip coming up, according to researchers at the University of Surrey in the United Kingdom. A 2014 study from researchers at Cornell University confirms the findings, noting people report more happiness from an anticipated travel experience than from an object they can acquire.

2. Enhances creativity: The brain is influenced by new environments and experiences, which is the hallmark of travel. Researchers at the Columbia Business School found that travel can encourage people to embrace different ways of living and influence their outlook on life.

3. Stress relief: Travel is a great way to get away from obligations at home and at work, allowing the

mind to reset without having to make decisions beyond figuring out which activities to do during the day or which foods to grab along the way. The mental wellness site Psych Central adds that vacations take people away from the places and activities that contribute to their stress levels.

4. Fosters change: Remembering pleasurable experiences from vacations when one returns home can be a positive behavioral intervention. Dr. Tamara McClintock Greenberg, a San Francisco-based clinical psychologist, says you can incorporate those feelings into daily life by recreating food or experiences at home.

5. Encourages exercise: Vacations can be full of swimming, walking, sightseeing, or participating in other fitness pursuits. According to the World Heart Federation, moderate exercise lowers risk of heart attack by 30 to 50 percent, suggesting that traveling is good for the mind and the body. Exercise also has been shown to combat depression and help reduce stress and anxiety.

Traveling can improve one's mental health and overall well-being, helping time to take vacations is an important component of staying healthy.

Catch the Trib online anytime at www.thepoppestribune.com

Bowling Green R-I School Classes Begin Thursday, Aug. 15

NEW STUDENT REGISTRATION
All students new to the District must bring birth certificate, social security card, school records and proof of residency (for example utility bill) to register.

KINDERGARTEN STUDENTS
Must be at least five years old by Aug. 1, 2019. Each child will need to have a copy of birth certificate, social security number and up-to-date immunization record the first day of school if the child is not pre-registered.

ELEMENTARY REGISTRATION (New Students)
Aug. 6, 7, 8 - 8 a.m.-12 p.m. and 1-3 p.m. - Bowling Green Elementary - phone 324-2042; Frankford Elementary - phone 784-2550
Bowling Green Elementary Meet The Teacher on Wednesday, Aug. 13, from 5-6 p.m.
Frankford Elementary Meet The Teacher on Wednesday, Aug. 13, from 5-6 p.m.

MIDDLE SCHOOL REGISTRATION
Aug. 6, 7, 8 - Students who are new to the district should enroll 8 a.m.-12 p.m. & 1-3 p.m. - Middle School phone 324-2181
Aug. 13 - Meet the Teacher - 6-7 p.m.
Aug. 13 - 6th grade orientation in Middle School gym - 6 p.m.

HIGH SCHOOL REGISTRATION
Aug. 6, 7, 8 - Registration for students new to the district or who were not enrolled in the district at the end of the last school year, 8 a.m.-12 p.m. and 1-3 p.m.
Aug. 13 - Open House 6:30-8 p.m. Freshman orientation in high school auditorium 6:30 p.m. Informational drug screening meeting in high school auditorium 7 p.m. High School 324-5341.

IMMUNIZATIONS
According to State Law requirements, ALL students attending Bowling Green R-I Schools must have up-to-date immunization records on file by Aug. 15, 2019. Transferring students will need to have a copy on file before they can attend school. There is no grace period.

MEAL PRICES
Student Breakfast \$1.95; Student Lunch Middle School \$2.55; Student Lunch High School \$2.85

2019-2020 SCHOOL CALENDAR

Aug. 15 - School Starts	Evening Parent/Teacher Conferences - 1-7 p.m.	Jan. 6 - School Resumes	March 16 & 17 - No School - Spring Break
Sept. 2 - Labor Day - No School	Oct. 25 - No School	Jan. 20 - Martin Luther King Day - No School	April 1 - Early Release 12:30 p.m.
Sept. 4 - Early Release 12:30 p.m.	Nov. 5 - No School	Jan. 29 - No School - Teacher In-Service	April 10-13 - No School - Spring Holiday
Sept. 13 - No School - Teacher In-service	Nov. 27-29 - Thanksgiving Break	Feb. 5 - Early Release 12:30 p.m.	May 6 - Early Release 12:30 p.m.
Sept. 20 - Early Release - 12:30 p.m. - Homecoming	Dec. 4 - Early Release 12:30 p.m.	Feb. 17 - Presidents Day - No School	May 15 - Finals at 12:30 p.m. - Last day of school
Oct. 2 - Early Release 12:30 p.m.	Dec. 20 - Early Release 12:30 p.m.	March 4 - Early Release 12:30 p.m.	Snow days in order of make-up:
Oct. 24 - No School - Teacher In-Service	Dec. 23 - Jan. 1 - Winter Break		May 18, 19, 20, 21, 22

BOWLING GREEN ELEMENTARY SCHOOL SUPPLIES
Pre-K - Please DO NOT label the following items: 1 pkg. wet wipes, 1 roll paper towels, 1 container Clorox wipes, 1 pkg. markers, 1 box crayons, 1 bottle liquid Elmer's glue, 1 pkg. BLACK Expo markers; 1 kg. glue sticks; 1 pkg. construction paper (GIRLS ONLY); 2 boxes Kleenex (BOYS ONLY). PLEASE LABEL THE FOLLOWING ITEMS: EXTRA CHANGE OF CLOTHES IN A ZIP LOCK BAG TO BE KEPT IN BACKPACK IN CASE OF ACCIDENTS, BACKPACK LARGE ENOUGH TO FIT A BINDER, TENNIS SHOES - DO NOT NEED TO BE LABELED. PLEASE SEND YOUR CHILD TO SCHOOL IN TENNIS SHOES SO THAT HE/SHE CAN STAY SAFE ON THE PLAYGROUND.

Kindergarten - 2 boxes Kleenex, 1 box #2 plain crayons (no characters), 3 boxes 8-count crayons; 4 boxes 24-count crayons; 1 box 24 count colored pencils; 1 pkg. of 2 dry erase markers, 1 pr. scissors, 2 coloring books - please put your child's name on them, 3 6-packs glue sticks (12 total) 1 bottle white glue, 1 change of clothing (keep in backpack in zip lock baggie), BOYS ONLY: 1 box gallon Ziploc baggies, 1 24 count pack colored pencils, GIRLS ONLY: 1 box sandwich Ziploc baggies, 1 box markers. Please label your child's coloring books, backpacks, coats and change of clothing. School supplies do not need to be labeled.

First Grade - 2 Composition notebooks; 1 pkg. colored pencils; 2 boxes #2 plain pencils; 1 pkg. highlighters, 4 pink big erasers, 2 boxed Crayons 24 count, 1 plastic 2-pocket 3 pronged folder, 1 plastic 5x8 school box, 1 coloring book, 1 box Kleenex, 2 pkgs. dry erase markers, 8 pink big erasers, BOYS ONLY: 1 box gallon size Ziploc baggies, GIRLS ONLY: 1 box sandwich size Ziploc baggies. Donations: Paper towels, hand sanitizer & Clorox/Lysol wipes. PLEASE MARK ALL SUPPLIES, BACKPACKS, AND COATS.

Second Grade - 2 boxes Crayola crayons - 24 count; 1 box markers (8 count, washable); 1 pair scissors; 1 bottle washable white glue, 4 large glue sticks; 3 boxes No. 2 pencils, 12 counts; 1 small art box; 4 pink erasers; 2 boxes Kleenex; 8 spiral notebooks (1-subject, wide ruled, 70 count), 4 (red, 2 blue, 2 yellow); 4 2-pocket folders (without clasps); 2 pkgs. dry erase markers; 1 box pencil top erasers; 1 old sock (used for white board eraser). Donations: Hand sanitizer, zipper bags (gallon and/or quart), cleaning wipes, dry erase markers, pencils, erasers. PLEASE MARK ALL SUPPLIES, BACKPACKS & COATS.

Third Grade - 1 plastic 2-pocket folder; 4 2-pocket folders; 10 spiral notebooks (1 subject/4 red, 2 green, 2 yellow, 1 blue, 1 your choice); 1 pkg. loose leaf paper; 24 plain no. 2 pencils; 2 big pink erasers; 1 pkg. cap erasers; 1 box crayons - 24 count; 1 box markers - 10 count; 1 art box; 1 pair scissors; 2 8-pack glue sticks; 1 pkg. big dry erase markers - black; 1 pkg. skinny dry erase markers - black; 2 boxes Kleenex; 1 backpack. Donations: Hand sanitizer, Ziploc plastic bags - (various sizes), cleaning wipes. PLEASE MARK ALL SUPPLIES, BACKPACKS & COATS.

Fourth Grade - 2 (20 count) box plain #2 pencils; 1 pkg. loose-leaf paper; 2 one-subject notebooks; 1 box 24 count crayons; 5 plain folders (one red, one yellow, one green, one blue, one your choice); 1 pr. scissors; 1 pkg. (4 count) glue sticks; 1 box tissues; art box; 1 pkg. dry erase markers; backpack; 1 bottle Germ-X. Donations: Cleaning wipes, sandwich bags or Ziploc bags, black pens, highlighters or any extra supplies listed above. PLEASE MARK ALL SUPPLIES, BACKPACKS & COATS.

Fifth Grade - Trapper Keeper WITH a ZIPPER ENCLOSURE; 2 3-hole punched folders; 2 1-subject notebooks; 2 Composition notebooks (9.34x7 1/2); soft art BAG with zipper; 24-packs of #2 pencils; scissors; 2 glue sticks; 1 box colored pencils; 1 pkg. classic colored markers; 1 pkg. highlighters; 1 pkg. FINE tip dry erase markers; 2 boxes Kleenex. WASH LIST ITEMS: Clorox/Lysol wipes, Germ-X, post-it notes, crayons, and quart-size Ziploc baggies. PLEASE MARK ALL SUPPLIES, BACKPACKS & COATS.

SIXTH GRADE SUPPLY LIST

12 pack pencils (art must have #2 pencils that can be sharpened); large eraser (for art); red pens; 12 pack colored pencils; 1 bottle liquid glue ELA, 3 3-prong folders for ELA; 1 composition notebook ELA; 1 2-pocket homework folder; 1 binder for science; 1 pair erasable/headsphones; 1 spiral notebook for health and social studies; basic 4 function calculator for math (does not need to be scientific); 1 4-pk. dry erase markers; 1-2 pk. highlighters; 1 25-pack plastic page protectors (top loading); 1 pkg. loose leaf notebook paper; 2 boxes Kleenex; 1 antibacterial wipes. Due to the fact that DATA sheets will be included in the school planner, all students will be required to use the planner provided by the school. We strongly encourage students not to purchase Trapper Keepers, as there is little room for them.

SEVENTH GRADE SUPPLY LIST

3 1-inch binder with plastic cover; 1 Composition notebook; 2 Spiral notebooks; 1 scissors; 1 pack colored pencils; 1 pack of highlighters; 2 packs of pencils; 1 glue bottle (girls); 1 pack of glue sticks (boys); 1 pack of index cards; 2 boxes of Kleenex; 1 pack red pens; 1 hand-held pencil sharpener, 1 calculator (optional) T1-30x.

EIGHTH GRADE SUPPLY LIST

MATH: 1 looseleaf paper pk.; 1 graph paper pk.; 1 subject notebook; 1 binder w/dividers; pencils & red pens; scientific calculator (strongly encouraged for math & algebra). ELA: 1 folder; 1 notebook; 1 highlighter; pencils; colored pencils. SCIENCE: 1 in. 3-ring binder; 1 pkg. of dividers; 1 pencil pouch. SOCIAL STUDIES: 2 80-page notebooks; colored pencils (small pack); pencils. BRING TO CAT TIME TEACHER: 4 Kleenex boxes per student; 2 pkg. of pens; 1 pk. Expo markers; 2 containers of disinfectant wipes; 3 pks. pencils; 2 pks. Sharpies; 1 pk. colored pencils.

COMMUNITY NEWS

Disaster Loans Are Now Available Through SBA Agape House To Have Fall Cleanup

About Disaster Loans The U. S. Small Business Administration (SBA) provides low-interest, long-term disaster loans to business owners of all sizes, private non-profit organizations, homeowners, and renters to repair or replace uninsured/denied/demolished disaster damaged property. SBA disaster loans offer an affordable way for individuals and businesses to recover from declared disasters.

•Apply: 1) online; 2) in-person at a disaster center; or 3) by mail. •Apply online at the SBA's secure website disasterloan.sba.gov/da. •As a business of any size, you may borrow up to \$2 million for physical damage. •As a small business, small agricultural cooperative, small business engaged in aquaculture, or private non-profit organization you may borrow up to \$2 million for Economic Injury. •As a small business, you may apply for a maximum business loan (physical and EIDL) of \$2 million. •As a homeowner you may borrow up to \$200,000 to repair/replace your disaster damaged primary residence. •As a homeowner or renter, you may borrow up to \$40,000 to repair/replace damaged personal property.

•SBA reviews your credit before conducting an inspection to verify your losses. •An SBA verifier will estimate the total physical loss to your disaster damaged property. A loan officer will determine your eligibility during processing, after reviewing any insurance or other recovery. SBA can make a loan while your insurance recovery is pending. •A loan officer works with you to provide all the necessary information needed to reach a loan determination. Our goal is to arrive at a decision on your application within 2-3 weeks. •A loan officer will contact you to discuss the loan recommendation and your next steps. You will also be advised in writing of all loan decisions.

•SBA will prepare and send your Loan Closing Documents to you for your signature. •Once we receive your signed Loan Closing Documents, an initial disbursement will be made to you within 5 days. Physical damage: \$25,000 Economic injury (working capital): \$25,000 (in addition to the Physical damage disbursement) •A case manager will be assigned to work with you to help you meet all loan conditions. They will also schedule subsequent dis-

burements until you receive the full loan amount. •Your loan may be adjusted after closing due to your changing circumstances, such as increasing the loan for unexpected repair costs or reducing the loan due to additional insurance proceeds.

STEP 3: Loan Closed and Funds Disbursed

STEP 2: Property Verified and Loan Processing Decision Made

STEP 1: Apply for Loan

The Three-Step Process: Disaster Loans

For more information or to find a local disaster center, contact SBA's Customer Service Center at 1-800-659-2955 (TTY: 1-800-877-8339), sba.gov/disaster August 2018 v1.

Required Documentation

The following documents are required to process your application and reach a loan decision. Your Loan Officer and Case Manager will assist you to ensure that you submit the proper documentation. Approval decision and disbursement of loan funds is dependent on receipt of your documentation.

BUSINESS HOMEOWNERS AND RENTERS - Business Loan Application (SBA Form 5) completed and signed by business applicant. IRS Form 4506-T completed and signed by Applicant business, each principal owning 20 percent or more of the applicant business, each general partner or managing member, and, for any owner who has more than a 50 percent ownership in an affiliate business. (Affiliates include business partner, subsidiaries, and/or businesses with common ownership or management).

Complete copies, including all

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Karen Craig

Board members of Agape House of Vandalia met Tuesday, July 16. They made initial plans to host a team of offenders from WERDCC

schedules, of the most recent Federal income tax returns for the applicant business, an explanation if not available. • Personal Financial Statement (SBA Form 413) completed, signed and dated by the applicant (if a sole proprietorship), each principal owning 20 percent or more of the applicant business, each general partner or managing member. Schedules of Liabilities listing all fixed debts (SBA Form 2202 may be used).

ADDITIONAL INFORMATION THAT MAY BE NECESSARY TO PROCESS YOUR APPLICATION:

Complete copies, including all

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in September; the team will perform annual cleaning of the house.

House manager, Karen Craig, was present to meet board members. She reported that 45 guests, including 11 children, stayed at the house in June. Air conditioning and hot water circulation problems have been resolved.

Rich Duffner reported information about the guest house is being distributed across the state by a member of the state probation and parole office.

Prior to the meeting board members inspected the house. It was found to be in excellent condition except for minor cracks in two walls.

The next meeting will be held Aug. 20 at the house.

Board members in attendance were R. Duffner, Janet Heim, Hloy Oliver, Phil Pennington and Kay Robert.

has more than a 50 percent ownership in the affiliate business.

Affiliates include, but are not limited to, business partners, subsidiaries, and/or other businesses with common ownership or management. If the most recent federal income tax return has not been filed, a year-end profit and loss statement and balance sheet for that tax year is acceptable.

A current year-to-date profit and loss statement. • Additional Filing Requirements (SBA Form 1368) providing monthly sales figures. • Home Loan Application (SBA Form 5c) completed and signed by Appli-

cant and Co-Appliant. • IRS Form 4506-T completed and signed by Applicant and Co-Appliant. APPLY FOR ASSISTANCE: At disasterloan.sba.gov/da or Call 1-800-659-2955 (SBA Customer Service Center) 1-800-877-8339 (TTY: Deaf and Hard-of-Hearing)

Monetary gifts received in June include the following: Edgewood Baptist Church and Mount Zion Baptist Church of Bowling Green, Ramsey Creek Baptist Church of Clarksville; Bethlamb Baptist Church of Centuria; Curryville Baptist Church; Farber Baptist Church; Laddonia Presbyterian Church; Grand Crossings Baptist Association; Lockwood Park Baptist Church and Friendship Baptist Church, all of Mexico; Hopewell Baptist Church and John Vost of Thompson; and Southside Baptist Church, First Baptist Church, First Presbyterian Church and First Christian Church, all of Vandalia.

Non-monetary gifts included bottled water, coffee and snacks by Middletown Christian Church and used printer cartridges by First Presbyterian Church and fruit snacks and cereal bars by St. John Lutheran Church Women's Guild of Vandalia.

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2019 Pike County Fair
July 23-27

201 S. Main - Vandalia - 594-2663

M-T-W-F: 8 a.m.-noon & 1-6 p.m.
Sat. 8 a.m.-noon • Closed Thursdays & noon hour

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.
GARAGE SALE - Thursday, 3-6 p.m.; Friday, 8 a.m.-6 p.m. Lots of name-brand girls (4-6) and misses clothing, toys, toddler bed, Christmas decor, household, lots of good stuff. 219 Hickman Dr., B.G. Off E. Champ Clark Dr., near Bowling Green Chevy. P. Luebrecht and A. Seeley.

YARD SALE - Friday, 8 a.m.-?, 701 N. 15th St., Daylee Estates, B.G. Bags, purses, hats, over 50 pair new house shoes, over 50 pair regular shoes, costume jewelry, new ties, new belts, china hutch, tall storage cabinet, 2 shelves, tin signs, over 100 DVDs - \$2 ea., glass, bakeware, bench, table & chairs.

Seeley Reunion
 Sunday, July 28
 Noon
 Farber Community Bldg.
Hope to see you there!

TOP SOIL FILL DIRT
 For Sale
 754-5812

TAKING APPLICATIONS
 Bowling Green Housing Authority is currently taking applications for 1-4 bedroom apartments. Appliances and some utilities furnished. Rent is income-based for those who qualify.

Optometric Assistant
 Full-time position. No experience required. Will train the right candidate.
 Please send resume to: Advanced Eye Care 1310 Business 61 S. Bowling Green, Mo. 63334.

REAL ESTATE
WE ARE looking to buy houses, cash, fast closing, 573-470-9139. (c4-38)
RENTAL HOUSE & 10 acres. Good for subdivision, town of Booth. 324-2456. (x4-36)

PUT OUR CLASSIFIEDS TO WORK FOR YOU

Apartments in Louisiana
 NECAC is accepting applications for the Tella Jane Senior Apartments in Louisiana. Many amenities available. For information, call 573-324-6622. NECAC is an Equal Opportunity Employer and Provider and an Equal Housing Opportunity agency that does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, political beliefs, marital status, familial or parental status, sexual orientation or if applicant income is derived from any public assistance program.



MOBILE HOMES
MOBILE HOME SUPER STORE - Call for quote: Why pay more than you have too? "Competitive Match" pricing. 573-249-3333, marktwain mobilehomes.com. (f)

I BUY used mobile homes. Call or text 573-338-6250 or email GregS.CDH@outlook.com. (f)

Apartments in Bowling Green
 NECAC is accepting applications for the Creechside Apartments in Bowling Green. Many amenities available. For information, call 573-324-6622. NECAC is an Equal Opportunity Employer and Provider and an Equal Housing Opportunity agency that does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, political beliefs, marital status, familial or parental status, sexual orientation or if applicant income is derived from any public assistance program.



FOR RENT
2 BEDROOM, 1500 N. Carolina, Louisiana. References, \$375. 573-898-5690. (c4-38)

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

Apartments in Clarksville
 NECAC is accepting applications for the Clarksville Apartments in Clarksville. Many amenities available. For information, call 573-324-6622. NECAC is an Equal Opportunity Employer and Provider and an Equal Housing Opportunity agency that does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, political beliefs, marital status, familial or parental status, sexual orientation or if applicant income is derived from any public assistance program.



FOR RENT
MODERN MATURITY BUILDING - Vandalia - Family reunion, shower, birthday. Call Art Wiser, 594-3224. Memberships available. (f)

CALL 324-6111 TO PLACE YOUR ADS

Apartments in Bowling Green
 NECAC is accepting applications for the Court Street Apartments in Bowling Green. Many amenities available. For information, call 573-324-6622. NECAC is an Equal Opportunity Employer and Provider and an Equal Housing Opportunity agency that does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, political beliefs, marital status, familial or parental status, sexual orientation or if applicant income is derived from any public assistance program.



HELP WANTED
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 Experienced Cooks & Servers
ALL SHIFTS • APPLY IN PERSON
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Bowling Green

ACCEPTING APPLICATIONS
 The Bowling Green R-I School District is accepting applications for the position of Paraprofessional at Bowling Green Elementary. Candidates must have 60 college hours. Substitute certificate required. Application deadline is until position is filled. Contact the Superintendent's Office, 700 W. Adams, Bowling Green, MO 63334 for an application. Phone 573-324-5441. EOE

Windwood Apartments
 200 N. Gaslight - Vandalia
 594-3213
 Mon. & Wed. 8 a.m.-4:30 p.m.
\$395 Deposit \$395 Per Month
 *Two Bedroom
 *Private Patio/Balcony
 *Laundry Facilities Onsite
 *Appliances Included
 *Central Heat & Air
 *Dishwashers
 *Playground Equipment



ACCEPTING APPLICATIONS
 The Bowling Green R-I School District is accepting applications for a part-time night custodian at Frankford Elementary. The position will be Monday-Friday, 3 hours per night. Contact the Superintendent's Office, 700 W. Adams, Bowling Green, MO 63334 for an application. Phone 573-324-5441. EOE

Full-Time Front Desk/Receptionist Position, Vandalia
 Duties include: Greeting & welcoming clients, answering phones, taking payments, filing, customer service, and other general office duties as needed.
Requirements: Strong computer skills, proficient with MS Office, customer service skills, strong communication & people skills, good organization & multi-tasking abilities
 Qualified candidates please forward current resume to:
vandaliamojob@gmail.com

***** HELP WANTED *****
MAINTENANCE & GROUNDS HOUSEKEEPERS GUARD
Some weekends required
 Apply in person at Tievoli Hills resort at 25795 Hwy. N in Clarksville
 Call 573-242-3577 for more info
 EOE & Drug Free Employer

DEALS On Wheels
20 Word Limit 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.
1991 KENWORTH - 8.3 Cummings, 6 spd., 18' bed and hoist, 2,000 gal. stainless tank with baffles, 3 in. valve & hoses. 324-3688.
\$8,000 OBO



2014 KAWASAKI VERSYS 650ABS - Motorcycle, 1,304 miles. Too many options added to list. Garage kept & is as new. Health forces sale. 636-459-1635 after 5 p.m. Vandalia
\$5,500



2005 MERCURY MARINER - 4 cyl., 145,503 miles, purchased new by daughter, locally serviced, \$3,000. No accident history, 573-470-5229. Bob Tepen.



Full Time Opportunities
LPN - Louisiana Medical Clinic
 RN- Med/Surg - Night Shift & Part-Time
 Emergency Room RN- Night Shift (7P-7A)
 Oncology/Infusion RN- PRN

Per Diem Opportunities
REGISTERED NURSE-PRN
 *Emergency Room & Med/Surg
Radiology Tech-PRN
 Paramedic-PRN
 Housekeeper-PRN
MT/MLT LAB-PRN
COOK-PRN
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 ***Discounts on MO's Gasoline
 *Nurses per year employment status, check with HR to see if you qualify!

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

FOR SALE
K-KAWAI grand piano costs \$14,000 new - will take \$5,000. Excellent shape. May be viewed at House of Deliverance or call 324-5528. (x2-40)

EXPLODING TARGETS. Firearms 10% over cost. Mo. Firearms Co. 573-324-3040. (c6-35)

HYDRAULIC rock clearing rake, \$1,500. 636-697-8499. (tt)

HILLTOP FURNITURE & VARIETY - Open every day except Sunday & Tuesday, 8 a.m.-5 p.m., 7735 Pike 469, Curryville. (tt)

AUTOS FOR SALE
1994 CADILLAC SEDAN DEVILLE - Runs great has told AC, good tires, always starts, 99,000 miles. Beautiful dark green. Well maintained. \$2,750 OBO. 573-560-0989.

NO TRESPASSING
No trespassing at 205 N. Main, Eolia. (x3-40)

NOTICE
Smith Chapel UMC ice cream social, Saturday, July 27, 4-7 p.m. Vanilla chocolate, banana, and burnt caramel. Also serving pulled pork sandwiches, hot dogs, salads, cake and a farmer's market. Located at 1866 Hwy. CC, Elsberry.

HELP WANTED
Cook and waitress. Apply in person. Calvyn's Restaurant, Eolia. (c4-38)

HELP WANTED for a full time position, requirements are CDL and also have air brake experience. Please apply at 201 North 5th Street or 310 Georgia in Louisiana, MO 63353.

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

SERVICES
SHELLHORSE DOZING - Dozer, track hoe work, ponds, clearing, roads, terraces, etc. 573-213-9485.

ANDERSON WATER HAULING - Swimming pools and residential. 573-470-1120, 573-574-0076 or 754-3772. (tt)

BETTS EXCAVATING - Dozer, backhoe, bobcat, ponds, clearing, basements, gravel haul & more. Reasonable rates. 754-2371. (tt)

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. (tt)

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

SERVICES
MINI TRACK HOE WORK - Trenching, land cleanup to catab removal. Over 30 years experience. Call 573-470-1198.

NAME DOILES - Hand created by Ann Hecox. Make great personal gifts. 217-656-3654 annahc@gmail.com.

SERVICES
BROWN'S SEPTIC PUMPING - Commercial or residential, portable toilet rental, job sites, special events, auctions. Brown's Septic Pumping, 2069 Brown Lane, Louisiana, 754-5812

PUT OUR CLASSIFIEDS TO WORK FOR YOU

Home Ownership Director

\$17 an hour and full benefits

NECAC seeks full-time Director for the Home Ownership Program in Bowling Green. Regular work hours Monday-Friday, 8-5. Will involve coordinating the activities of the program, which includes homeownership counseling, USDA Loan Packaging and down payment assistance. Candidates should be familiar with HUD Section 8, common real estate operations, home construction, banking and mortgage industry processes. Comfort with counseling/teaching, giving presentations and a valid driver's license also required. Starting wage is \$17.00 per hour. NECAC offers an excellent employee benefit package, including 100% agency-paid premiums for health insurance plan with dental & vision coverage; 401(k) retirement plan with up to 6% agency-paid contribution and no required employee match; 14 paid holidays with 1 potential paid personal day per year; accumulative paid vacation leave which may progress to 23 days per year; and 10 days paid sick leave per year. To apply, MAIL cover letter and resume to NECAC Personnel Officer, P.O. Box 470, Bowling Green, MO, 63334, or EMAIL to scosn@necac.org, or FAX to 573-324-3960. Because most correspondence is done by email, a valid email address must be on your application or resume. You may also obtain an application at any NECAC Service Center. For further information, call 1-800-748-7636 or visit our website, www.necac.org. EOE/M/F/D/V

HOME WEATHERIZATION INSTALLER

\$13 an hour with full benefits

NECAC seeks full-time Weatherization Specialist construction/carpentry laborer. After agency-provided training, will test buildings and homes to identify needed weatherization measures including repair work, modification or replacement; apply insulation materials and caulking; utilize common carpentry power tools; and perform weatherization assignments in agency's 12-county service area as part of a two-member crew. Must have high school diploma or GED and 3-5 years previous experience in carpentry, construction, contracting, home rehabilitation or related field; ability to exert physical effort involving lifting, carrying, pushing and pulling; ability to stoop, kneel, crouch, crawl, climb and balance. Valid driver's license (no DL's) required with adequate auto insurance to drive agency vehicles. Starting wage is \$13.00 per hour with an excellent employee benefit package, including 100% agency-paid premiums for health insurance plan with dental & vision coverage; 401(k) retirement plan with up to 6% agency-paid contribution and no required employee match; 14 paid holidays; accumulative paid vacation leave which may progress to 23 days per year; and 10 days paid sick leave per year. Regular work hours will be Monday - Friday, 8 a.m. - 5 p.m. To apply, MAIL cover letter and resume to NECAC Personnel Officer, P.O. Box 470, Bowling Green, MO, 63334, or EMAIL to scosn@necac.org, or FAX to 573-324-3960. You may also fill in and/or drop off an application at any of our County Service Centers. Please ensure you provide an email address. For further information, call 1-800-748-7636 or visit our website, www.necac.org. EOE/M/F/D/V

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FOR EXPERIENCED BARTENDER & COOK (Part-Time)
APPLY IN PERSON
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HELP WANTED
Twin Pike Family YMCA has positions available for:
21st Century Community Learning Centers Program Director for the Bowling Green, BONCL and Frankford afterschool grant.
Special Needs Aide, Classroom Aide, and/or Paraprofessional positions at multiple 21stCCLC Sites- BONCL, Bowling Green, Clopton, Frankford, and Louisiana Elementary Before and Afterschool Programs. Applicants must be able to work during Before and Afterschool Program hours.
These positions will be filled immediately and applicants must be able to start work as soon as employment process can be completed. Qualified parties may send a resume to the YMCA 21st Century Community Learning Center, 614 Kelly Lane, Louisiana, MO 63353 or call Denise Ash at 573-470-0921 or Noveta Shepherd at 573-754-4999. An application and job descriptions can be located at twinklfamilyymca.org or an application will be sent to you upon request.
The Twin Pike Family YMCA is an Equal Employment Opportunity Employer.

2019 PRODUCTION
Missouri Smelting Technology Inc. is accepting Employment Applications for Production.
Current wage scale \$16.95/hr.-\$22.15/hr. + 40 shift differential and extra \$1.00/hr. summer differential.
Must be willing to work 12-hour rotating shift days or nights 7-7, plus mandatory overtime. 48hr/36hr base shift includes built in overtime. Heavy industrial environment combined w dust, noise and excessive heat during summer months. Successful candidates must be HS graduate or equivalent and have strong work ethic.
Minimum 2 years industrial plant and/or construction related experience combined with ability to operate various types of industrial equipment. Excellent benefit package including 401(k) w match, Profit Sharing and Bonus program. May complete Employment Application at MOST, INC., office hours M-F 8a-5p; or go to the Missouri Career Center located in Warrenton to complete Application. Email: Kathrine.shaw@smelt- ingtechnology.com. MOST, INC. is an Equal Opportunity Employer.

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COMMUNITY NEWS

Local Farmer Directs

'America's Farmers Grow Communities' Donation To Louisiana R-II

A local farming family directed \$2,500 to the Louisiana R-II School District through America's Farmers Grow Communities, sponsored by the Bayer Fund.

As part of their mission Louisiana R-II will "use the funds to enhance technology in our agriculture programs," said Dr. Todd Smith, Superintendent of Louisiana R-II Schools.

Celebrating its 10th year, America's Farmers Grow Communities partners with farmers to support nonprofit organizations strengthening rural communities. The program offers farmers the chance to direct a \$2,500 donation to a nonprofit of their choice. It has awarded more than \$33 million to over 8,000 nonprofits across rural America.

"A better life is Bayer's goal. Farmers are invested in their communities, they root for their neighbors, and they know when and where there is a need," said Al Mitchell, Vice President Corporate Engagement, Bayer. "Farmers are one of America's best resources, which is why Grow Communities partners with them to direct donations to the organizations they are passionate about and that make a positive impact and a better life in communities."

To learn more about the America's Farmers Grow Communities program, visit www.AmericaFarmers.com or follow on Facebook at [Facebook.com/AmericaFarmers](https://www.facebook.com/AmericaFarmers).

Each year, the America's Farmers Grow Communities program grants to local nonprofits to provide grants with local nonprofits.

Sponsored by the Bayer Fund, the program provides farmers the opportunity to support and give back to nonprofit organizations they care about in their local communities by enrolling for a chance to direct a \$2,500 donation to a nonprofit of their choice.

Since 2010, the America's Farmers Grow Communities program has given more than \$33 million to over 8,000 nonprofits across rural America.

About America's Farmers Grow Communities: The America's Farmers Grow Communities, sponsored by the Bayer Fund, a philanthropic arm of Bayer, have been dedicated to partnering with farmers to strengthen rural communities. The programs provide funding for ag scholarships, nonprofit donations and school STEM grants. Since inception the fund has awarded over \$30 million to rural communities. For more information visit AmericaFarmers.com.

About the Bayer Fund

The Bayer Fund, a nonprofit organization dedicated to strengthening the lives of those who farm, and Bayer employees live and work by providing funding for food and nutrition, education, and community development projects.



PCMH Expands To Include Aquatic Physical Therapy

PCMH's Physical Therapist, Tyler Loewenstein, stands next to the pool access chair and ramp, which affords Aquatic Therapy patients a safer way to enter the pool at the Louisiana YMCA. Find out more information about the program or make an appointment by calling 573-754-5531.

THERAPY

Continued from front page

As a result, early range-of-motion gains during rehab are immediately a reality. Gait training in a low impact environment allows for earlier replication of proper ambulatory biomechanics, which was formerly postponed until pain-free, land-based training was possible. Hydrostatic pressure promotes the healing and strengthening of injured tissue by reducing joint stiffness, decreasing swelling, and lowering blood pressure levels. Cardiovascular stamina, muscle toning, and flexibility are augmented by the resistance that water provides.

"The YMCA pool has an accessible entry ramp which is safer for patients, and actually makes aquatic therapy available to more individuals, since some patients can't handle steps into a pool early in their

rehab," said PCMH Physical Therapist Tyler Loewenstein.

"Aquatic therapy is often intertwined with more traditional therapy, and patients are encouraged to continue their aquatic regimen on their own once their formal rehab program has concluded. "They can move better in the water. They can achieve more of their goals," Loewenstein said. "Many people say they don't realize how good the

water feels until they come to a couple of times."

"This will give us the ability to extend our services in the community to reach out to patients that may not have been able to tolerate the traditional land-based therapy," said Loewenstein.

For additional program information or to make an appointment, please call (573) 751-5531.

BENEFITS

Continued from front page

The next youth certification class is set for August 7th. The class costs \$25 and is available for members ages 12-14. The class certifies those members to use the Wellness Center cardio and strength equipment, even though they are under the age of 15, which is the minimum age for the Wellness Center.

Registration is open for NFL Flag Football for first and second grade students in the Vandalia area. Mexico Area Family YMCA and Eastern Missouri Family YMCA are proud to partner with the NFL Flag Football to provide this opportunity. Registration will be completed online through www.mexicoarea.org in person at the Eastern Missouri Family YMCA, or via the internet app. Registration ends Aug. 25. Registrations from Aug. 26-Sept. 1 will incur a late fee.

The Y is open on Sunday, August 4th, from 1-5 p.m., with extra supervision available - Child Watch for members' children six weeks to five years old and supervision in the gym for members' children six years to 11 years old. Members 12 years old and older will have access to open gym from 1-3:30 p.m., and pickleball from 3:30-5 p.m. Family Sundays are held the first Sunday of the month to provide an opportunity for

families to come to the Y and participate in their own favorite activities.

The Funnel Cake 5K was held July 13, beginning at 7:30 a.m., at the Y. A total of 41 participants completed the 3.1-mile route. Winners under 40 were Amanda Reading and Benny Burnett. Winners 40 and older were Jennifer Schuckers-Brailey and Joe Schneider. Vandalia District Queen provided the ice cream prizes for the winners as well as daily bar certificates for all participants.

"Take the Next Step" the new fitness challenge began July 15 at the Y. Members can enroll until Aug. 1. The program ends Aug. 31. "Take the Next Step" is a 20 step program where members can choose which activity they will complete to move to the next step. All participants will receive a cash prize awarded to the first male and female participant who reach the top step. Get ready to "Take the Next Step" at the Y.

There is still room for more fitness instructors at the Y. Group Exercise workshop training through AFAA will be available in the St. Louis area in October and then not again until early 2020.

Teaching classes at the Y is an exciting way to motivate and inspire people who believe in their own power and move toward healthier and happier lives. Call or stop by the Y for more information.

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COMMUNITY NEWS

How To Conserve Energy Throughout The Summer

Ceiling fans can reduce reliance on costly air conditioners when cooling homes in summertime.

Energy bills tend to be high in summertime, when many people crank up their air conditioners in an attempt to combat the heat. For some households, higher energy bills might be stretching their budgets, while others might be looking for ways to reduce their carbon footprints.

Conserving energy can help homeowners save money and help the planet at the same time. And reducing energy consumption in the summer does not require men and women to sacrifice comfort in the name of conservation. In fact, various strategies can help homeowners and apartment dwellers reduce their summertime energy consumption.

Stop cooling an empty home. A cool home might be the ultimate necessity during summer heat waves, but there's no reason to cool a residence when no one is home. According to the U.S. Department of Energy, operating thermostats more efficiently can help homeowners trim their cooling costs by as much as 10 percent. One way to be more efficient with thermostats is to keep the house warmer than normal when no one is home. Programmable thermostats can be set so air conditioning units turn on shortly before residents arrive home, ensuring the house is comfortable and no energy is wasted.

Narrow the gap between indoor and outdoor temperatures. The DOE notes that the smaller the difference between the temperatures indoors and outside the lower cooling demand will be. While it may be tempting to set thermostats to room temperature

(68 F) on days when temperatures reach 90 F or above, that can cause an enormous temperature gap that will result in a high energy bill. Instead, the DOE recommends setting thermostats to 78 F whenever possible.

Open the windows at night. Daytime temperatures, particularly during the dog days of summer, may necessitate the use of air conditioners. But men and women who live in climates where temperatures drop considerably at night can sleep with their windows open. This reduces energy consumption and saves money, and can be a great way to introduce fresh air into a home during a time of year when air can become stagnant.

Do not set air conditioner thermostats at lower than normal temperatures when turning them on. The DOE notes that setting thermostats at lower than normal temperatures when turning air conditioners on will not cool homes any faster than setting them at typical temperatures. Such a strategy will only lead to excessive energy consumption and higher energy bills.

Install ceiling fans. Ceiling fans can improve cooling efficiency in a home. According to the DOE, ceiling fans allow men and women who use air conditioners to raise the thermostats on their AC units about 4 F without adversely affecting comfort levels. Men and women who live in temperate climates may find that ceiling fans are enough to keep rooms cool without the need for air conditioners.

Homeowners can combat high utility bills and excessive energy costs during the summer with various eco- and budget-friendly strategies.



Storm Takes Down Rotary Tree At Riverview Park

The tree that was once planted by the Louisiana Rotary Club in Henderson Riverview Park was destroyed by winds from storms late Wednesday night last week. Crews had to remove the fallen tree and now only the storm and plaque remain which describes the park's namesake, John Brooks Henderson.

Maximize Your Summer Vacation

Summer can fly by. Because summer can sometimes seem to come and go in a flash, it's important for everyone to make the most of this relaxing time of year.

Vacations from work and school are great ways to make summer memories, and the following are some ways to get even more out of these relaxing breaks from the norm.

Disconnect for a few days. Truly disconnect from electronic devices for a period of time to give yourself a mental break. Stop answering work emails, avoid social media and turn off reminders of things that do not need your attention while you are on vacation or taking a break.

Book a trip. It's not the destination but the opportunity to step away from the norm that can help make a person feel like he or she has truly gotten a break. Get away from your surroundings, if only for a weekend. Nearby resorts and water parks are great for short jaunts with the kids.

Take a week off just to relax. Sometimes a person needs to recharge after going on vacation, so planning a trip and then the trip itself can require a lot of work. Staycations or devoting another week to just lounging around or catching up on tasks around the house can also be more relaxing. Then it's possible to go back to work or school feeling even more recharged.

Get out of the house or office.



What's the good of sunny skies and hot temperatures if you do not get to enjoy them? Make it a point to spend time outdoors every day. Go for a midday walk, sit in the park after work lets out or throw the ball around with the kids in the backyard. Sunlight can be great for the mind and body. Doctors with the Heliotherapy, Light, and Skin Research Center at Boston University Medical Center say sunlight triggers the release of serotonin and other hormones associated with a good mood. Increased exposure to sunlight also can regulate circadian rhythms for better sleep. Sunlight can trigger the release of nitric oxide into blood vessels, helping to lower

blood pressure.

Explore summer programs. Adults and children can try new skills and explore different talents this summer. Sign up for a camp or a class that runs several weeks. This will help stimulate the mind.

Visit friends and family. Now that schedules have loosened up, take the opportunity to increase time spent with friends or family members, whether they live close by or far away. Make it a point to reconnect with someone who has been out of touch.

Summer is a great time of year to take vacations and reconnect with nature and loved ones.



Ceiling fans can reduce reliance on costly air conditioners when cooling homes in summertime.

Why Immunizations Are Important

Measles is not something that garnered much attention outside the medical community in recent decades. However, in 2019 a series of measles outbreaks put the spotlight back on this highly contagious infectious disease.

According to the Centers for Disease Control and Prevention, between January 1, 2019, and May 31, 2019, 981 individual cases of measles had been confirmed in 26 states in the United States. That marked the greatest number of measles cases reported in the U.S. since 1992. And the U.S. is not the only country in North America facing a measles problem, as the Public Health Agency of Canada reported that, as of mid-May, 54 cases of measles had been reported in the country in 2019. Perhaps most surprising, measles was declared eliminated in 2001, leading many to wonder what's behind the sudden outbreaks so long after the disease had seemingly vanished.

The CDC reports that the majority of people who got measles in 2019 were unvaccinated. While measles was declared eliminated nearly 20 years ago in the United States, the CDC notes it's still common in many parts of the world. When unvaccinated travelers visit countries where measles is still common, they can bring the disease with them, ultimately allowing it to spread to communities where large groups of people are unvaccinated.

Regardless of why people choose to avoid vaccinations, it's important to note some of the reasons why

health organizations like the CDC and the World Health Organization urge all children and adults to be immunized.

Immunizations save lives. The CDC notes that advancements in medical sciences have made it possible for humans to protect themselves against more diseases than ever before. One-of-a-kind diseases have now been eliminated thanks to safe and effective vaccines.

Immunizations protect loved ones. Some people cannot receive certain immunizations due to allergies, illness, weakened immune systems, or other factors. Such individuals are vulnerable to disease, and especially vulnerable if their loved ones who can be vaccinated do not receive their recommended immunizations.

Immunizations save money. The human toll of failing to be immunized can be fatal, and the financial toll can be heavy, too. Children with vaccine-preventable diseases may not be allowed to enroll in certain schools or daycare facilities, forcing parents to make decisions that can affect their ability to earn a living. In addition, medical bills that result from long-term illnesses can be substantial. The majority of health insurance plans cover vaccines for adults and children at little or no cost, and even uninsured families can receive free or inexpensive vaccines through certain government programs.

Immunizations take only a few seconds to receive but can have a positive effect that lasts a lifetime.

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