



THE PEOPLE'S TRIBUNE

NEWS FOR PIKE, EASTERN AUDRAIN & NORTHERN LINCOLN COUNTIES

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Clarksville Eagle Days offers a chance to see the birds up close. This year's event is from 10 a.m.-4 p.m., Jan. 24 and 25.

Clarksville Eagle Days Is Jan. 24 & 25

By Brent Engel
Contributing Writer

Clarksville Eagle Days is the type of attraction that gets the whole family buzzing.

This year's event is from 10 a.m.-4 p.m. Saturday and Sunday, Jan. 24 and 25. Activities take place at The Apple Shed along Highway 79 and at Riverfront Park in the downtown. It is sponsored by Raintree Arts Council in partnership with local businesses, organizations and volunteers.

Swarms of visitors from Missouri, Illinois, and other states are expected to glimpse the birds pulling fish from the Mississippi River or hanging out in trees along the shore. They'll also get a rare chance to see the predators up close.

Dating to 1979, Clarksville Eagle Days is the oldest such event in Missouri and is on the Department of Conservation's list of best places to see the raptors.

Live eagle programs by World Bird Sanctuary will be held on the hour both days at The Apple Shed. There will also be vendors, food and exhibits there. Master Naturalists will be on hand to guide bird watchers.

"There will be new vendors and lots of activities for the whole family," said Linda Blakey, a Raintree

board member. "It should be a great weekend in Clarksville."

Clarksville American Legion Post 349 will again sell fish, chicken and jumbo hot dog meals. Hours are 10 a.m.-4 p.m., Saturday and 11:30 a.m.-4 p.m., Sunday. Meals range from \$10-\$12 and come with two sides. Choices are mac and cheese, hush puppies, baked beans, slaw and fries, along with a drink.

Another part of the meals will be the homemade brownies baked by Post Commander Pat McGuire, who chose the recipe after the difficult task of trying several others online.

"I sampled it and I loved it," he said. "They're rich. They're moist. Calling them 'Death by Chocolate' would not be far off."

The Legion will have vendors both days and is also hosting the band Purple Highway from 1 to 4 Saturday. There is no admission charge. For the first time at Eagle Days, the organization will sell beer.

Meanwhile, Clarksville Memorial Veterans of Foreign Wars Post 4610 & Auxiliary is serving barbecue.

On the menu are pork steak, pork burger, hamburger and large hot dog dinners. Diners can choose two sides from baked beans,

slaw and potato salad, with dessert and drink included.

Joanne Hammuck of the VFW says the beans, slaw, potato salad and desserts are homemade.

"We have all different kinds of desserts," she said. "We get a lot of praise for them."

The Clarksville Community Chamber of Commerce will sell sweatshirts again this year.

"It's a different design," said the group's Joanna Brock. "They're not dated, so you can wear them anytime, anywhere."

The tan sweatshirt comes in crew or hoodie styles in sizes small to 3X. It was locally-designed, and depicts an eagle, the river and a sunset in blue and orange colors.

Eagle View Park offers a raised, disabled-accessible viewing stand on the east side of Highway 79 across from Clarksville Christian Church. Local businesses will be open during the weekend, and hundreds of students from area schools will get a special preview on Friday as part of the yearly educational tour.

Blakey has what she says is a bit of advice that's worth repeating.

"Dress warmly, dress warmly, dress warmly."

athleticism," Louisiana Head Basketball Coach, Matt Boswell told The Tribune. "We believe we're the most athletic team in the area, certainly in the EMO Conference. But really what's shown up this tournament is our defense and our defensive intensity. And when we defend like that, we're really tough to beat."

That defense proved true in the second quarter. Louisiana held the Hawks scoreless for the entire quarter while pouring in 17 points to take a commanding 26-9 lead into halftime.

Boswell said the title carried extra meaning for a group that has faced doubts in recent seasons.

"It feels incredible. I was talking with the guys in the locker room, the M.O. that people have kept saying about this group is they can't win the big game," Boswell said. "We lost, got upset in districts last year. We got upset in the Monroe tournament earlier this year. Football season, they had a hard time and everybody said they can't win games. So for them, not only to win these tournament games, but to win that they did the way they did, it feels incredible."

Clopton regrouped after the break and matched Louisiana's scoring in the third quarter, but the Bulldogs continued to answer every push, maintaining control and taking a 39-22 lead into the final period.

"I put that big zero on the board and we let up a little bit in that third quarter, kind of let

"We're starting to use our

momentum shifted sharply in the second quarter as Louisiana's defensive pressure took control. The Bulldogs forced turnovers, pushed the pace, and frustrated Clopton into rushed possessions and fouls.

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Community News

MU Extension Works With Swine Industry To Address Labor Shortages

University of Missouri Extension specialists are working with the swine industry and temporary visa holders to help recruit, retain and develop agriculture professionals needed to address ongoing farm labor shortages.

The TN visa program was established in 1994 under the North American Free Trade Agreement. The "TN" designation, short for Treaty NAFTA, refers to a professional nonimmigrant classification now governed by the United States-Mexico-Canada Agreement.

TN visas allow U.S. employers to hire specialized agriculture professionals from Mexico and Canada. Unlike programs such as H-2A, which focus on seasonal farm labor, the TN visa program supports year-round professional positions. That's an important advantage for swine operations that require consistent staffing, says Mag Lopez, a livestock specialist with University of Missouri Extension who leads the project funded through checkoff dollars from the National Pork Board.

TN visa holders typically meet specific educational and professional requirements, Lopez says. "These workers are a unique and important part of the workforce, especially in livestock and particularly in swine production," he says.

MU Extension state swine breeding specialist Tim Safranski says the work helps address persistent labor shortages in rural swine-producing areas while supporting profitability and animal health.

MU Extension's efforts began with a bilingual survey of about 260 TN visa workers in major hog-producing states. Missouri

ranks seventh nationally in pork production, producing about 3.5 million head annually and employing more than 22,000 people, according to the Missouri Department of Agriculture.

Swine producers make a significant investment by securing jobs, housing and transportation for TN visa holders before their arrival, Lopez says. As a result, turnover can be costly and disruptive.

Turnover affects both profitability and animal well-being. A 2021 study by Nicholas Black and Andreia Arruda reported 152 turnover events across two commercial swine farm systems, with an average annual turnover rate of 92 percent for full-time positions. That means almost nine out of 10 employees were replaced within a single year.

"MU Extension is dedicated to making the onboarding and retention process smooth for the employer and employee to reduce turnover costs," Lopez says. Retaining TN visa workers is a key part of that effort.

Part of the work focuses on reducing language barriers between employers, TN visa workers and local employees. A large portion of the current swine workforce relies on immigrant labor, with an estimated 70 percent of employees foreign-born, mostly Hispanic, according to a 2023 study by Heather Vaughn and Yolanda Rosales. Specifically, TN visa workers make up about 40 percent of the swine labor force, compared with about 55 percent of agricultural laborers who are of Mexican origin.

To address communication challenges, MU Extension has developed

Spanish-language presentations for Missouri pork producers and plans to create training videos for TN visa workers based on standard operating procedures. The goal is to set clear expectations and reduce misunderstandings.

Lopez and Safranski also help producers better understand the backgrounds of TN visa workers, which can lead to smoother onboarding and easier transitions into new work environments.

Survey results show that:

More than 87 percent of TN visa agriculture workers hold at least a bachelor's degree, and 10 percent hold master's degrees. Canadian workers often arrive with more specialized degrees.

While highly educated, many earned their degrees in institutions where English was not the primary language.

Most swine industry TN visa workers are male, move to the U.S. in their 30s and come from rural backgrounds. More than half have lived in the United States for three to six years.

"You can't train these workers the same way you train others," Lopez says. "Where they come from influences how you manage."

MU Extension also works with employers and employees to improve understanding of cultural differences that support job satisfaction and community integration.

"They want a better life," Lopez says. "And helping them succeed contributes to a more sustainable and profitable U.S. swine industry."

For more information about the TN visa program, visit the U.S. Citizenship and Immigration Services website.

Grant Funding For Project Prom, Graduation

The Northeast Coalition for Roadway Safety is making grant funds available to local schools located within the Northeast District that host student lock-in events for project prom or high school graduation celebrations.

To qualify, schools must include an activity or presentation that educates students about highway safety. Qualifying schools will receive a \$200 grant to help offset costs related to the event, including venue rental, food, or entertainment.

"These supervised lock-in events provide students with a safe environment to celebrate important milestones with their peers," said Northeast District Traffic Engineer Jonathan Bruner. "The consequences of impaired or distracted

Agape House Meets Jan. 6

The Agape House of Vandalia board met Tuesday, Jan. 6 with Jane Duffner, Rich Duffner, Janet Heim, Karen Holbrook, Sterling Holbrook, Eldora Lowry, Ruth Miller, Floy Oliver, Phil Pennington, Kay Robnett, and Mary Thomas present.

Richard Duffner reported that all of Karen Craig's personal items have been removed by the family and Janet Heim, Eldora Lowry, and Ruth Miller cleaned the manager's apartment.

Two bathrooms have leaky faucets and Jim Miller has been notified to replace them.

The board is still seeking candidates for the manager position and Richard Duffner is to notify them when there are candidates to interview.

Monetary donations in the month of December were received from Bethlehem Baptist of Centralia, Consolation

Championship

3rd Place

Community News

From The Mayor's Desk...

Let's restore and exude JOY in 2026. We are the most prosperous country in the world, and we must enjoy all of life and its many conveniences as Americans. 2025 was a very profitable year for the USA even as there were shifts in consumer behavior. There were still many new store openings, but migration patterns like people fleeing California, reshaped trade areas. Tight supply of materials and housing/apartments pushed up rent and house purchasing. Yet, a visible growth of discount and popular brands businesses emerged. There was a strong demand in new marketplaces across the country. Steady growth, careful planning, and keeping an eye on economic signals are what retailers and developers are looking toward in 2026. This applies to Bowling Green just as much as it applies to the rest of the country. Communities that keep their eyes on these signals are in the best position to create new businesses. Strengthening local developments and supporting long-term investments will provide Bowling Green with a firm foundation for 2026 and far beyond! As "no income tax on tips, social security, and no tax on over-time kick-in, so will consumer spending increase; especially in the housing market as interest rates are declining. There is also a new \$10,000 deduction for interest paid on loans for vehicles made in America. SALT, State and Local Tax, deductions increased from 10,000 to \$40,000 which will have a positive impact on vehicle sales across the U.S.



JIM ARICO, MAYOR
CITY OF BOWLING GREEN

If Troy can build a Cinema in the back of a service station and make it prosper, so can Bowling Green if we have a vision, see a need, have the community invest in such and then patronize it, then we can build one also. That goes for anything that you as a citizen, see a need and desire for something, can do the same. Jesse

Owens and their building of the new laundromat and dog wash facility have met a great need for Bowling Green citizens.

It's a great time to be a Bobcat and it's also a great time to be a part of Bowling Green and all the positive aspects of our town. Joy is something we need to have as a big part of our attitudes and philosophies of life. A wonderful place to experience joy is at our schools

and seeing the next generations and future leaders of our fine city mature, interact, and prepare for life's challenging experiences. The phrase "It takes a Village" derived from the need for all citizens to observe, protect, and positively feed into the strong development of our young people. There are so many negatives in the world today that can cause: confusion! Bowling Green should be proud of our learning institutions that have positive life-changing teachers as role models that positively assist parents, grandparents, and caregivers in raising a child in the way they should go and preparing them for life! That goes for Homeschoolers also!

Martin Luther King Jr.'s Birthday was Monday the 19. City hall was closed.

Pike To Pike . . .



By Wyvetta Davis-Niffen
1-217-320-8438

Birthdays and anniversaries for the week Jan. 21-27, 2026:

Jan. 21 - Landyn Seal, Leif Carter, Mark Winner, Randy McAdams, Tyrell Lightle, Dorothy and Don Foreman

Jan. 22 - Josie Bradshaw, Krystal Musgrove, Sharon Hull

Jan. 23 - Amy Davis, Tyler Grimsley

Jan. 24 - Dave Finson, Dylan Blacketer, Nic Carter, Ruth Johnston Moreno

Jan. 25 - Bob Powell, Hattie Stolte, Ron Cloninger

Jan. 26 - Janet Rush

Jan. 27 - Bob Johnston, Donna Davidsmeyer

Short news column this week in The People's Tribune due to the early deadline for Martin Luther King holiday.

Another week of good temperatures in Pike County, Ill. The weather forecast for this area, as of this writing on Jan. 11, this week is actually going to feel like winter.

Big River Band concerts scheduled:

Saturday, Jan. 24 - The Big River Band will be at the Pike County Senior Center in Pittsfield with the show starting at 6:30 p.m. Concession stand and big dance floor available.

Friday, Feb. 13 - The Big River Band will be playing in Bowling Green at Merna's Kitchen, 214 West Church Street, starting at 5:30 p.m.

There will be several good menu choices to choose from for their Valentine's celebration. To be able to order food, reservations are a must and should be made

by calling 573-470-1113 by Friday, Feb. 6.

Saturday, Feb. 14 - The Big River Band will be at the Courtyard Cafe with the show starting at 6 p.m. I know Paul and Patty will have something very special on the menu for Valentine's Day.

Buggs' Family Opry concerts scheduled in the area:

Friday, Jan. 23 - The Buggs' Family Opry, with special guest, Simon Webb, will be in Pearl with the

show starting at 7 p.m.

Do Not Forget, if the weather gets bad and/or iffy, either listen to 97.5 or 102.1 on the radio, or check on Facebook and look on either Big River Band or Polly Bugg or Jamie Niffen or myself, Wyvetta Davis, or give someone a call, including me, at the number above to make sure the shows will be happening.

Have a great week and look for God's continued blessings.

Scherder Autobody LLC

Phone: 573.324.6023
Email: scherderautobody@gmail.com

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Obituaries



Beverley Sue Palmer

Funeral services for Beverley Sue Palmer were at 10 a.m., Friday at Olivet Christian Church, with pastor Leanne Reed officiating. Burial followed in Center Cemetery.

Visitation was Thursday from 5-7 p.m., at Olivet Christian Church in Center.

Bienhoff Funeral Home was in charge of arrangements.

Beverley Sue Cragen Palmer, 83, died peacefully on Sunday, Jan. 11, 2026, with the love of her life, Ed Palmer by her side.

She was born April 9, 1942, to Bernadine and Cecil Cragen and lived a life rooted in devotion to family, the land she loved, and her community.

On Nov. 5, 1960, Beverley married Edward Palmer, at Union Chapel. Their 65-year marriage was a testament to steadfast love and a partnership that anchored the Palmer Farmstead. Beverley was the heart and manager of the farm, tending to all things great and small, often with her hair perfectly done, nails freshly painted, and a to-do list preserved on carefully placed Post-It notes.

She is survived by her husband, Edward Palmer; one daughter, Lorilie Mills and husband, Jamie; grandchildren, Justin Mills and Lucy McGowan, and Jennifer Benoit and husband, Mitchell; and great-grandchildren, Claire, Paul, Emma, and Nathan, all of whom knew her as an unforgettable Granny.

She was preceded in death by her parents, Bernadine and Cecil Cragen; a son, Rodney Palmer; two sisters, Shirley Maxwell and Linda Laird; one brother, Ronnie Cragen; and her step-mother, Regenia Cragen.

Beverley dedicated 27 years as a deputy assessor with the county assessor's office and later worked 10 years with MODOT before retiring in 2007. Alongside her professional life, she was continuously a proud farm wife, caring for cows, dogs, flowers, and a home that was always spotless.

Beverley found joy in simple pleasures and meaningful routines: fried chicken every Sunday, tending green beans and tomatoes in her garden, ranger rides through the farm with a dog on her lap, and keeping cedar trees in the fence row firmly in check. She adored her dogs, treasured her Precious Moments, and enjoyed lawn ornaments and flowers that made her home welcoming. Her kitchen was famous for meatloaf, brownies, cookies, dilly bars, ice cream cakes, and especially blueberry muffins for breakfast.

A baptized Christian and an active member of Olivet Christian Church, Beverley lived her faith through consistency and friendship. She cherished her lifelong friendship with Raelyn Stuart, daily conversations with her sister-in-law Mary Lane, and staying connected with family and community through her phone. Known for loving Ed Palmer fiercely and "giving hell" when needed, Beverley's spirit was strong, loyal, and full of heart.

Her legacy lives on in a well-kept home, a thriving farm, and a family who will forever feel her love in the smallest details and the strongest traditions.

Pallbearers were Chase Palmer, Mitchell Benoit, Justin Mills, Steve Hildebrand, John Paul Miller, Tommy Horn, and Ronnie Horn. Honorary pallbearers were John Palmer, David Palmer, Donnie Palmer, Jim Palmer, Gary Hodges, Mike "Half-Pint" McMillen, David Bird, Raelyn Stuart, and Mary Lane.

Memorials can be sent to

Olivet Christian Church or Center Cemetery

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



Rita Ann Hartmann

Visitation for Rita Ann Hartmann of Lake St. Louis, formerly Eolia were from 4-6 p.m., Monday at Carter-Ricks Funeral Home in Elsberry.

Funeral services followed at 6 p.m. The Rev. Stephen McLane, pastor of New Hope Baptist Church near Elsberry officiated. Grave-side service will be at 1 p.m., Wednesday at Greenwood Cemetery near Clarks-ville.

Rita, 82, died Sunday, Jan. 4, 2026, on hospice care at St. Luke's Hospital in Chesterfield.

Born Jan. 21, 1943, in Peotone, Ill., she was the daughter of Carl O. and Enga M. Bohnsack Toepper. Rita was united in marriage on Feb. 17, 1968, in Peotone, to Ronald Dale Hartmann. This union was blessed with one daughter, Tammy. Rita worked for Monsanto for 27 years before retiring in September 1997. She educated herself by reading, listening to KMOX radio, and paying attention to local, national, and international news. Rita was a great listener, slow to speak, and slow to become angry, always thinking of others. She was a long-time supporter of Options for Women. She always enjoyed gardening, a hobby that likely originated in her youth, being the daughter of farming parents in Illinois.

Her plans to grow bush beans and lettuce in her raised bed this spring support that.

She loved her family and friends very much and, with great joy, has always been interested in, and actively supportive of them. Rita enjoyed monthly get-togethers with lady friends at local restaurants of their choosing.

Rita was preceded in death by her parents, Carl and Enga Toepper; a brother, Gary Toepper; and her husband of 54 years, Ron Hartmann, who died March 6, 2022.

Survivors include one daughter, Tammy Dennis and husband, Steve, of Dardenne Prairie; along with two grandchildren, Mikayla Johnson and husband, Mark, of Jefferson City, and Thomas Mattingly of Lake St. Louis. Rita also leaves two brothers, Randy Toepper and wife, Lori, and Allen Toepper and wife, Jean, all of Illinois; nieces and nephews, Sheri Hartmann, Tom Toepper and wife, Debbie, Todd Toepper and wife, Leslie, Tricia Johanson and husband, Bob, Doug Toepper and wife, Celena, Carl Gauwitz and husband,

Graham, and Bobbi Loudon and husband, Kendall; along with many other cherished relatives and friends.

Memorials may be made to Options for Women, c/o Carter-Ricks Funeral Home, 107 South 5th Street, Elsberry, MO 63343.

Online condolences may be made at [www.cartericks-funeralhome.com](http://www.carterricks-funeralhome.com).

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Retirement Announcement

Dr. Crisanto Gualberto

Office will be closed thru Feb. 28, 2026

Open March 1-31 • 9 a.m.-12 p.m.

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Please join him in a happy & well-deserved retirement

Card Of Thanks

The Joanna Johnson Family would like to thank the family and friends who lifted us up during our visitation time with their presence, memorial donations, food, flowers, and cards.

We so appreciate the great caregivers these last few years that truly cared for Joanna and us. We want to recognize the wonderful support that Community Loving Care Hospice provided for Joanna. Scott's Medical was so efficient and caring. Much thanks to Collier Funeral Home.

Ed Johnson, Janet Hutson, Jo Annette & Bob Skidmore

LIVE ONLINE

SHELBY COUNTY, MO LAND AUCTION

WEDNESDAY, JANUARY 28, 2026 AT 10:00 AM CT



237 ACRES± (SUBJECT TO SURVEY) • 3 TRACTS

The Buzzard Family Trust land is located approximately 7.9 miles northeast of Bethel, MO and approximately 6.5 miles southeast of Newark, MO and is further described as being located in Sections 6 & 7, T59N-R9W, Tiger Fork Township, Shelby County, MO. Tracts 1 & 2 can be accessed from the south from Shelby County Road 160. Tract 3 can be accessed by way of an easement through Tract 2.

The Buzzard Family Trust land represents productive tillable cropland, and recreational/hunting land. Here is a great opportunity for farmers, investors, or recreational enthusiasts.

BUZZARD FAMILY TRUST

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Auction Manager: Steve Zeiger (573) 231-9802

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At 2026 Missouri Dairy Expo

Missouri Dairy is eager to bring information to improve profitability for dairy producers statewide. On Friday, Jan. 23, Missouri Dairy hosts the sixth annual Missouri Dairy Expo in conjunction with its annual meeting at the Oasis Hotel and Convention Center in Springfield.

"We have a great lineup of experts for this year's conference," said Reagan Bluel, University of Missouri Extension dairy specialist and educational director for Missouri Dairy. "With three concurrent breakout sessions, we are confident everyone will find a topic of interest."

"There are a variety of ways dairymen can improve profitability on-farm, however that looks different for every operation," Bluel continued. "Technology doesn't have to come at a net cost, sometimes just a mindset shift using data already being collected. Come explore the possibilities for return on investment."

Topics include dairy farm outlook, drone weed control in hayfields, optimal timing of insemination for peak profit, transition cow optimization, smarter land decisions using mapping tools, and practical approaches to nutrition and management.

"This expo will provide

nuggets of information you can take home and implement right away to make a difference on your operation," said Bluel.

"For our lunchtime keynote, we've invited Dr. Jeffrey Bewley to describe successes and failures of dairy technology tools tested at the WKU SmartHolstein Lab to help you

determine how to best select technology to advance your operation forward," she said.

Dairy producers attend free of charge; dairy supporters are asked to pay \$35 at the door. To learn more or preregister, visit MO-Dairy.org/expo26 or call 417-772-4231.

Card Of Thanks

The family of William Benjamin "Bennie" Marshall would like to thank everyone for the cards, food, visits, and prayers after Bennie's passing.

We want to thank Waters Funeral Home for the beautiful service. Pastor Nathan Gessey for the message. Beacon of Hope Church for the delicious meal. Also, all the flowers that were sent.

We also want to thank the firemen and ambulance attendants who worked so hard to bring him back.

We was deeply appreciated. God bless.

Rochella Marshall

Bo & Gina Marshall

David & Debbie Marshall

Kathy & Paul Lamberson

Carolyn Bailey **Lonnie Bailey**

Tim & Sara Marshall

80th Celebration

Pike County Soil & Water

Conservation District

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Thursday, February 12, 2026

Pike County Fairgrounds - Bowling Green, MO

(15884 US-54, 63334)

Doors open at 12 noon for Board Supervisor election voting opportunity.

The voting period for board supervisors is February 1-20, 2026.

Program:

4:00pm - 4:45pm Rusty Lee - "Drone Establishment of Cover Crops"
4:45pm - 5:30pm Brandon Holley & Kim Schroeder - "Farming for Tomorrow"
5:30pm - 6:00pm Supper
6:00pm - 6:45pm Christopher Hudson - "Virtual Fencing"

Our speakers:

Rusty Lee - Field Specialist in Agronomy - MU Extension in Montgomery County

Brandon Holley - County Executive Director, Farm Service Agency

Kim Schroeder - District Conservationist for Lincoln, Montgomery, Pike and Warren Counties

Christopher Hudson - Local grain and livestock farmer, utilizing virtual fencing in their beef cattle operation

If you need an accommodation to participate in this activity or event, please contact Pike County USDA Service Center at 573-324-3201 ext. 3 or email kimberly.schroeder@usda.gov or karen.becker@swcd.mo.gov by January 29, 2026.

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WEEKLY RAFFLES

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New Inventory Arriving Daily!

Community News

Reset Reality: One In Five Missourians Say

January's Self-Improvement Is Harming Mental Health

January is supposed to feel like a fresh start. Instead, for millions of Americans, it feels more like a monthly performance review they didn't ask for.

A new survey commissioned by A Mission for Michael explores the mental health impact of New Year self-improvement culture - the relentless push toward better bodies, sharper productivity, cleaner finances, and fully optimized lives. The nationally representative survey of 3,014 adults suggests that rather than motivating people, January's reset mentality often replaces hope with pressure.

The findings reveal that for a significant portion of the population, New Year goals create stress, guilt, and overwhelm instead of inspiration. In fact, 21 percent of adults say January self-improvement culture actively harms their mental health - the equivalent of more than 56 million Americans starting the year feeling worse, not better.

In the Show-Me State, almost 1 in 5 (15 percent)

adults admit that the self-improvement culture is harming their mental health - the equivalent of 738,390 Missourians.

Across the country it was in Wyoming where most people struggled with their mental health (67 percent), with 306,417 admitting that the 'New Year New Me' culture inflicted too much pressure. Comparatively, those in Georgia were the most optimistic (10 percent).

Interactive map highlighting the number of adults in each state struggling with January resolution pressure.

That pressure shows up quickly. Nearly half of respondents (45 percent) say they've already felt like a "failure" for slipping on a January goal before the month even ends. Guilt is also widespread, with 18 percent saying they feel guilty very often when they fall behind on goals, and a further 40 percent saying it happens sometimes.

Many Missourians believe the problem isn't personal discipline - it's the

expectations themselves.

Nearly 44 percent say January encourages unrealistic standards around productivity and self-control, setting people up to feel behind before they have found their footing.

When asked where the pressure hits hardest, respondents pointed to:

Financial management (38 percent) — from budgeting resets to debt-clearing promises.

Fitness and weight loss (32 percent) — often amplified by social media and marketing.

Career progression (16 percent).

Productivity and organization (10 percent).

Diet and nutrition (4 percent).

The emotional toll is measurable. More than a third of respondents (36 percent) say their mental health declines in January compared to other months, suggesting the "new year, new you" narrative may be doing more harm than good.

When January expectations become overwhelm-

ing, people report leaning on coping strategies that are noticeably gentler than the goals themselves:

Setting smaller or more flexible goals (34 percent).

Talking to someone — a friend, partner, or therapist (24 percent).

Taking a break from social media (16 percent).

Exercising for mood rather than performance (16 percent).

Avoiding January goals altogether (10 percent).

According to A Mission for Michael, the findings point to a cultural disconnect between how change is marketed and how humans actually experience it.

"We've turned January into a test of worth rather than a period of adjustment," says Anand Meta LMFT (Executive Director, AMFM). "Real progress isn't linear, and mental health doesn't thrive under guilt or comparison. This study shows that giving people permission to move slowly — and imperfectly — may be one of the healthiest resets we can offer."



Clarksville Eagle Days

Saturday & Sunday

Jan. 24 & 25
10 a.m. to 4 p.m.
at

The Apple Shed & Riverfront Park.

Live eagle programs on the hour by World Bird Sanctuary. Food, vendors, Lock and Dam tours, spotting scopes, children's activities, art exhibit and more.

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- Harvard Medical School
- Board Certified Medical Oncologist

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Extension
University of Missouri

Pike County Woodland Workshop Day



Prescribed Fire, Cost Share, Selling Timber,
Ensuring the Future of Oak, Invasive
Woodland species, Early Successional Wildlife
Habitat Management, and more!



Date
February 7th, 2026



Time
9:00 AM-3:00PM



Location
Bowling Green High School
700 W Adams St, Bowling
Green, MO 63334



Free Lunch
Provided



For more information, Contact:

Brian Schweiss (573)-882-4775



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Classifieds

All classified ads are payable in advance. 40-cents per word, \$4 minimum. Deadline: Monday at 11 A.M.

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FOR RENT

2 BEDROOM Louisiana apartment. See to appreciate. \$525 month plus deposit. 636-345-1925 or 636-795-1808. (x2-8)

2 BEDROOM Louisiana house. Exceptional. See to appreciate. \$900 per month plus deposit. 636-345-1925 or 636-795-1808. (x2-8)

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

MODERN Maturity BUILDING - Vandalia - Family reunion, shower, birthday. Call Art Wiser, 594-3224. (tf)

FOR SALE

EUREKA upright vacuums, 50% Off. All coffee & end tables 50% off. Vandalia Firestone & Appliance, 594-6624.

FOR SALE
CONCEALED CARRY training class Jan 21 & 22. Requires both evenings. Class time 6 p.m. NRA Certified Instructor. For more info contact Joe Bruch 574-754-2697. Class size is limited. (x2-9)

REFURNISHED COMPUTERS, parts, accessories. Call Geeky Hillbilly Computers 573-324-7176. (tf)

GOOD used tires, passenger & light truck, \$15 & up. Vandalia Firestone & Appliance, 594-6624.

METAL ROOF- ING. Wagler Metals: 21764 Pike 409, Bowling Green. (tf)

NO HUNTING
NO HUNTING OR TRESPASS-ING, Murry Shepherd Farms. Violators will be prosecuted. Not responsible for injuries or accidents.

NO HUNTING
NO HUNTING - 12812 Hwy. VV, B.G. & 12970 Hwy. VV, B.G. No hunting or fishing on the property of Anthony Bommario. Violators will be prosecuted. (x12-1)

NO TRESPASS-ING OR HUNTING on the property of Cherlyn Boots. Violators will be prosecuted. Not responsible for accidents on property.

SERVICES

GEEKY HILL-BILLY COMPUTER SERVICES LLC - B.G. computer repair & recycling, 573-324-7176, 573-567-6164. (tf)

ASSISTANT

DIRECTOR - Pike County Sheltered Workshop. Hours are Monday-Thursday.

Duties include but not limited to: supervising, transportation, computer knowledge working with individuals with mental and physical disabilities.

Pick up applications are Pike Shop, 900 Independence Dr., Bowling Green or at Pike Resale Shop, 19 N. Main Cross (on the square).

SERVICES
PREMIERE PRESSURE WASHING - Outside house cleaning, soffitts, driveways, decks, patios, fence cleaning, farm equipment, and trailers. Free estimates. 573-253-8811. (tf)

RICK'S LAWN EQUIPMENT & GOLF CARTS - Sales, service, and parts. Used golf cars and mowers. Hwy. 54 West, Louisiana, MO 63353, 573-754-5055. (tf)

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

HELP WANTED

Accepting applications for **ASSISTANT DIRECTOR** - Pike County Sheltered Workshop. Hours are Monday-Thursday.

Duties include but not limited to: supervising, transportation, computer knowledge working with individuals with mental and physical disabilities.

Pick up applications are Pike Shop, 900 Independence Dr., Bowling Green or at Pike Resale Shop, 19 N. Main Cross (on the square).

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

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

English Pub Split Pea Soup
Yield: 8 servings (2 quarts)
Prep 15 min
Cook: 5 hours
Ingredients
1 meaty ham bone
1-1/3 cups dried green split peas, rinsed
2 celery ribs, chopped
1 large carrot, chopped
1 sweet onion, chopped
4 cups water
1 bottle (12 oz.) light beer
1 tablespoon prepared English mustard
1/2 cup 2% milk
1/4 cup minced fresh parsley
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground nutmeg
Add: minced fresh parsley, optional

Directions

Place ham bone in a 4-qt. slow cooker. Add peas, celery, carrot and onion. Combine water, beer and mustard; pour over vegetables. Cook, covered, on high 5-6 hours or until peas are tender.

Remove ham bone from soup. Cool slightly, trim away fat and remove meat from bone; discard fat and bone. Cut meat into bite-sized pieces; return to slow cooker. Stir in the next 5 ingredients. If desired, top with additional minced parsley.

Remove ham bone from soup. Cool

slightly, trim away fat and remove meat from bone; discard fat and bone. Cut meat into bite-sized pieces; return to slow cooker. Stir in the next 5 ingredients. If desired, top with additional minced parsley.

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CHIEF OF POLICE. The City of Bowling Green is accepting applications for chief of police for City of Bowling Green. Salary dependent upon qualifications and includes a competitive benefits package. Candidates must pass a pre-employment, criminal background check, and e-verify, along with a post-offer drug screen. This position plans, organizes and directs all operations within the Bowling Green Police Department and reports directly to the city administrator.

Qualifications: Peace Officer Certification in Missouri or ability to obtain; valid driver's license; and 10 years of successful experience as a law enforcement official. Please send cover letter, resume and three professional references to: City Clerk, City of Bowling Green, 16 W. Church Street, Bowling Green, Missouri 63334. Closing date is January 29, 2026. The City of Bowling Green is an Equal Opportunity Employer.



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