

THE PEOPLE'S TRIBUNE

NEWS FOR PIKE, EASTERN AUDRAIN & NORTHERN LINCOLN COUNTIES

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FREE



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."

Bulldogs Claim Fourth Clopton Invitational Championship

By BRICE CHANDLER
EDITOR
Bulldogs Claim Fourth Clopton Invitational Championship

A standing-room-only crowd watched the Louisiana Bulldogs put together a dominant performance Friday night, defeating the Clopton Hawks 55-37 in the championship game of the 29th Annual Clopton Invitational.

The title marks the first time since 2015 and one of only four times the team has previously won the tournament championship.

Clopton jumped out early behind scores from Trey Spoonster and Jacob Harrelson, taking a brief 4-0 lead. Louisiana answered midway through the first quarter when Quincy Mooney drained a three-pointer, igniting a run that pulled the Bulldogs back into the game. The teams traded baskets down the stretch, ending the opening quarter tied 9-9 in a physical, high-energy contest.

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.

"We're starting to use our

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.

"We have a mindset to get kills, we call it, which is three stops in a row, and we wanted to start the second quarter with a kill," Boswell explained. "Our shot selection in the first quarter wasn't very good. We knew we needed to create some transition opportunities. And we got that kill, and then we got another kill, and then we got another kill."

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

them attack the basket," Boswell said. "So we're going to look at the film on that and get better and be even better next week."

Louisiana continued to press in the fourth quarter, extending the lead before rotating players late. Clopton scored several times in the closing minutes, but the outcome was no longer in doubt as the Bulldogs closed out the championship victory.

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."

Looking ahead, Boswell said Louisiana plans to build on its defensive identity and carry the momentum into the upcoming Bowling Green Tournament.

Ogden Pleads Guilty To Domestic Incident



Michael Ogden

A Vandalia man who sparked a search across Audrain County following a domestic violence incident has pleaded guilty.

Michael Ogden, 40,

pleaded guilty Monday to first-degree domestic assault and unlawful possession of a firearm, according to court records.

Ogden entered his child's mother's residence without permission in late January 2025, went into the bedroom where she and the child were, held a gun to her head and threatened to kill her, according to the Audrain County Prosecuting Attorney's Office.

As a convicted felon, Ogden was prohibited from possessing firearms. Authorities arrested

Ogden in February 2025 during a traffic stop on Audrain Road 572, where deputies found him armed with a handgun at a stop sign.

Prosecutors dropped charges including armed criminal action, assault, burglary, harassment, kidnapping, child endangerment and unlawful use of a weapon as part of a plea agreement.

Ogden was sentenced to 10 years in the Missouri Department of Corrections on each count he pleaded guilty to and will run concurrently, according to court records.



En garde, touche

Tristan Malloy, left, and Gracie Heckrodt offered a sword fight as part of the Raintree Arts Council Changelings Theatre Company's free "Variety Show" Jan. 10 at The Apple Shed in Clarksville. The event also featured songs, dramatic readings, a dance interpretation, a False And Kooky Explanations (FAKE) news skit with Mo Mo the Missouri Monster and two improvisational bits that included audience participation. More than 80 people attended. Heckrodt smoked Malloy in the first sword fight, but he managed to triumph in the second. The demonstration was good practice for Changelings' production of Shakespeare's "King Lear" later this year.

Scratchers Player Uncovers \$100,00 Prize

A Missouri Lottery player in Bowling Green turned a \$5,000 prize into \$100,000 after uncovering a multiplier symbol on a "50X" Scratchers game purchased at Crossroads General Store, 1001 S. Business 61, in Bowling Green.

"I like the '50X' Scratchers tickets," the winner said after claiming her prize at Lottery headquarters in Jefferson City. "Ever since the game came out I have purchased them."

She recalled thinking, "Wouldn't it be great to win 50 times something?"

While she didn't find a 50- multiplier, the winner was very pleased when her ticket revealed a '20X' symbol that multiplied her \$5,000 prize 20 times – resulting in one of the game's \$100,000 top prizes.

She shared plans to use some of her winnings on home improvements and to visit family out of state.

To date, players have

won more than \$13.1 million in prizes since the game was released. One top prize and three \$20,000 prizes remain unclaimed.

In FY25, Pike County players won more than \$2.7 million in Missouri Lottery prizes, retailers received more than \$280,000 in commissions and bonuses, and more than \$1.1 million in Lottery proceeds went to education programs in the county.

Lady Hawks Win Clopton Invitational Championship

By BRICE CHANDLER
EDITOR

The Clopton Lady Hawks captured the girls championship at the Clopton Invitational on Friday night, defeating the Louisiana Lady Bulldogs 64-37 in front of a packed home crowd.

Clopton struck first and built an early lead behind baskets from Ashlyn and Calleigh Noah, but Louisiana responded with timely perimeter shooting. Three-pointers from Reece Womack and Cyriinity Chatman helped the Lady Bulldogs pull even, and the first quarter ended tied at 8-8.

The Lady Hawks began to separate in the second quarter, steadily extending the lead through disciplined offense and trips to the free-throw line. Clopton outscored Louisiana 13-7 in the period to take a 25-15 advantage into halftime, as the Bulldogs struggled to find clean looks in the lane and secure offensive rebounds.

Clopton took control coming out of the break, outpacing Louisiana 19-13 in the third quarter to push the lead to 44-28. The Lady Hawks continued to build on that momentum in the fourth, closing the game

with a 20-9 run to seal the championship.

Ashlyn Noah led Clopton with 21 points, followed by Calleigh Noah with 15 and Beau Beauchamp with 11. Charleigh Spoonster added six points, while Clopton received scoring contributions throughout the lineup. Cyriinity Chatman paced Louisiana with 17 points, with Trinity Chatman and Womack each adding six.

The victory ended a five-year championship drought at the Clopton Invitational for the Lady Hawks and capped a strong tournament performance on their home floor.

Additional Candidates For April Election

The filing deadline has passed and those who have thrown their name in the hat and appear on the ballot for the upcoming April 7 municipal elections.

The filing period was held from Dec. 9, 2025 until Dec. 30, 2025.

Bowling Green

There is a correction to

last week's list. Joyce Megown was mistakenly listed as running for Treasurer. She is in fact running for reelection as the Collector.

Clarksville

North Ward Alderman -- Jerry Manfredonia (I)

South Ward Alderman -- Robbert Howland (I) and Shirley Underwood

Collector -- Sam Truckenbrodt

Van-Far R-I School Board

The following individuals have filed to run for three openings for 3-year terms on the school board: Jessica Reading (I), Carol Schambach, Mike Smith (I), and Justin Hopke (I).

101st Bowling Green Invitational Brackets On Page 2

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

driving can be life-altering in an instant. Our goal is for students to leave these events with great memories — not preventable tragedies."

Grant applications are currently being accepted through Feb. 21, 2026. Interested schools or event sponsors may apply online by visiting Project Prom-Graduation Grant | Missouri Department of Transportation (modot.org). Funding is limited and available for up to 20 schools.

For more information, contact Northeast Coalition Facilitator Gerri Jeffries at (573) 248-2502 or Northeast Coalition Representative Tina Lee at (573) 248-2517. Additional details are also available on the Northeast Coalition website at www.savemolives.com/mcrs/Northeast-Region.

CMU Fall 2025 Dean's List

The office of Central Methodist University Provost Rita Gulstad announced recently the students included on the Fall 2025 Dean's List.

More than 1,100 students across all campuses and online learning met the requirements for placement, including a grade point average of 3.50 or higher for the semester.

The following area students were among those who earned the recognition:

Claire Lee Bibb, Bowling Green

Dianna Ray Bibb, Bowling Green

Denver Kenneth Blackwell, Bowling Green

David Jay Case, Bowling Green

Timothy Alan Dickerson, Bowling Green

Vincent Samule Gallati, Bowling Green

Avery Lynn Gamm, Bowling Green

Brett Eric Jackson Jr., Elsberry

Malik Darius Nicholson Zulu, Bowling Green

Haley Marie Sheets, Middletown

Ralph Thomas Wilmas Jr., Bowling Green.

Area Students Make MO State Dean's List

Each semester, students at Missouri State University who attain academic excellence are named to the dean's list.

For undergraduate students, criteria include enrollment in at least 12 credit hours during the fall semester and at least a 3.50 grade point average (on a 4.00 scale). More than 5,400 students were named to the fall 2025 dean's list. These area students made the list:

Emma Dowling of Vandalia

Lesley Jerman of Vandalia

Olivia Wood of Vandalia

Landon Boothe of Silex

Ali Hausgen of Elsberry

Kelly Kempfer of Silex

Katie Ridings of Elsberry

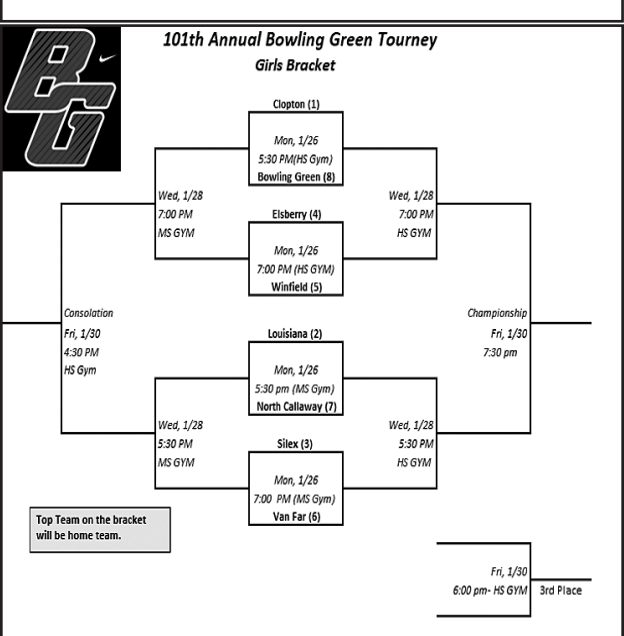
Alex Holmes of Curryville

Emily Hughes of Louisiana

Kylie Lucas of Eolia

Deacon Mitchell of Clarksville

101st Bowling Green Invitational Brackets



Bryant Makes Dean's List

Kristopher Bryant of Curryville made the dean's list at Monmouth College for the fall 2025 semester.

To make the list, students needed to have a minimum 3.5 GPA while taking at least 3.0 academic credits for letter grade.



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76	300-400	480 575	91	300-400	420 525
204	400-500	470 562	222	400-500	415 460
524	500-600	460 561	296	500-600	380 421
594	600-700	415 468.50	279	600-700	380 400
561	700-800	370 392	106	700-800	340 364.50
205	800-900	350 375	10	800-900	310 336
134	900-1,000	335 345			
10	Bred Cows - Better Pairs	2600 3575		Others	
3		3200 3975			
		229		Slaughter Cows	
	High Dressing	155 169		Low	110 130
	Bulk	145 155		Thin	80 100
25	Slaughter Bulls	179 209			
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NOTICE OF ELECTION OF SUPERVISORS

Pike Co. SWCD BOARD ELECTIONS

Let it be known that the Pike County Soil and Water Conservation District will hold an election for one supervisor in each of two different territories in the county. Territory [2] includes Buffalo, Salt River and Territory [4] includes Indian, Penno, Spencer. The election will take place from Feb. 1, 2026-Feb. 20, 2026. Ballots are available to print online at <https://mosoilandwater.land/pike>. Printed ballots may be returned to the district by mail and must be postmarked no later than Feb. 20. You may also vote in person from 8 a.m.-4:30 p.m., at the USDA Service Center, 1220 S. Business 61 Bowling Green, MO from Feb. 1, 2026-Feb. 20, 2026 and on Feb. 12, 2026 from 12-7 p.m., at the Pike County Fairgrounds, 15884 US-54, Bowling Green, MO. Each eligible land representative in the district is allowed one vote. A land representative is defined as the owner or representative authorized by power of attorney of any farm lying within an area proposed to be established, and subsequently established, as a soil and water conservation district under Chapter 278, RSMo. Each farm is entitled to representation by a land representative: provided, however that the land representative is a taxpayer of the county within which the soil and water district is located. The following qualified candidates will be considered for election:

Territory [2] – Garrett Gordy – Buffalo Township
Will Sheppard – Buffalo Township
Territory [4] Curtis Delgman – Penno Township

Supervisors manage the administration of district policies and programs, as well as district personnel and funds. The district is supported by the one-tenth-of-one-percent parks, soils and water sales tax. For additional information on the district election, contact the district office via phone at 573-324-3201 ext. 3; via email: karen.becker@swcd.mo.gov; or via mail at 1220 S. Business. 61, Bowling Green, MO 63334

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, re-shaped 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.

State Representative Chad Perkins Report



Rep. Chad Perkins

"Governor Kehoe laid out a strong, conservative vision for the Missouri in his State of the State address-one that puts hard-working Missourians first.

From cutting taxes and expanding economic opportunity to strengthening public safety and defending our values, this session gives us a clear roadmap to build a safer, freer, and more prosperous state. This vision aligns with our District and one that I stand behind." - Speaker Pro Tem Chad Perkins

LEGISLATION CONSIDERED THIS WEEK

Missouri House committees began early hearings this week, reviewing several bills focused on tax policy,

workforce readiness, and workers' compensation reforms.

House Bills 1759 and 1766 would make changes to personal property assessments beginning Jan. 1, 2027. Together, the bills are aimed at limiting valuation growth by reducing the assessment rate from 33.3 percent to 30 percent of true value and preventing increases in aggregate property valuation from being counted as new construction or improvements.

House Bill 2302 requires the Department of Corrections to assist certain inmates in preparing for employment prior to release. The bill directs the department to help eligible individuals obtain state-issued identification and other employment-related documents up to nine months before reentry.

House Bill 2375 updates Missouri's workers' compensation law by clarifying that an accident or occupational disease must be the prevailing factor in causing an injury or condition for it to be compensable. The bill also revises definitions and compensation calculations to provide greater clarity and consistency.

SPOTLIGHT:
HOUSE BILL 2178
House Bill 2178, sponsored by Representative

Chad Perkins, was presented in committee this week and focuses on revising property tax and appeals procedures for certain commercial and industrial properties.

The bill shifts the burden of proof to assessors when property valuations rely on computer-generated models and requires a physical inspection when valuation increases exceed 15 percent.

Additionally, HB 2178 strengthens taxpayer protections during the appeals process and allows prevailing taxpayers to recover costs and attorney fees. The proposal is intended to promote fairness, transparency, and accountability in property assessments.

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



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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.

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Harnessing Technology, Preserving Tradition At 2026 Missouri Dairy Expo



Memorials can be sent to

Rita Ann Hartmann

Survivors include ine 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, Carli Gauwitz and husband,

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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 overwhelming, 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.

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pcmh-mo.org



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Cost: \$10



Time 9:00 AM-3:00 PM

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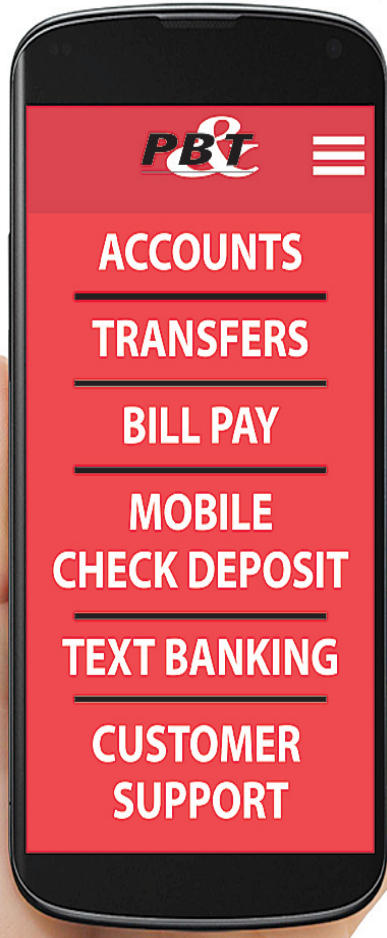
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FOR SALE

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)

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NO TRESPASSING 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)

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

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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