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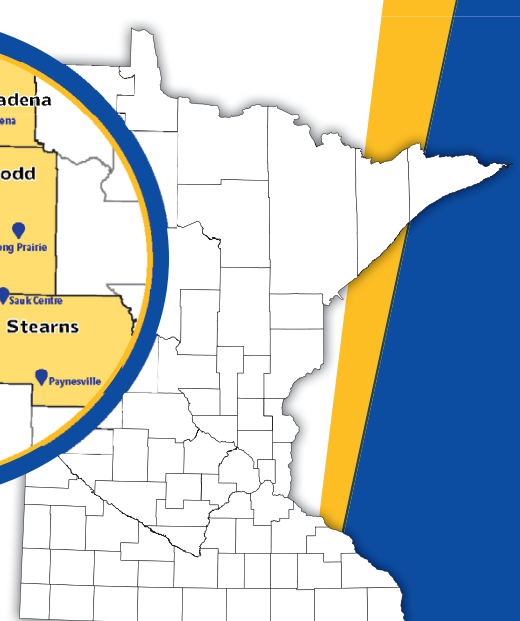
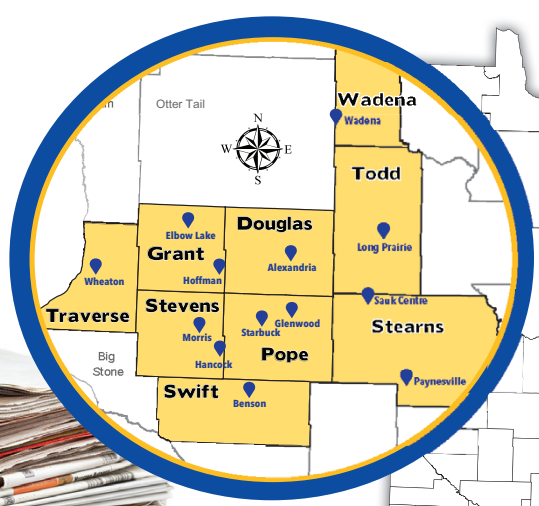
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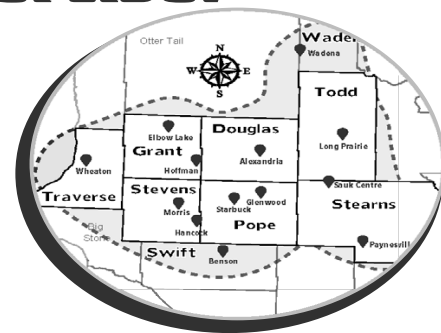
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320-243-3772**Pope County Tribune**  
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320-634-4571**Sauk Centre Herald, Sauk Centre**  
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320-563-8146**The entire Canary is online at [www.classycanary.net](http://www.classycanary.net)**

## United States Postal Rate Hikes Out Of Control

**By Chip Hutcheson**  
**Kentucky Today**Editor's note:  
Hutcheson is also a former president of the National Newspaper Association

Soaring prices. We've lamented them in the past few years, especially when it comes to what you pay at the grocery store or how much it costs to fill up your gas tank. While we're heartened to see the price of gasoline drop under \$3 a gallon and the cost of food items like eggs, coffee, ground beef and milk showing decent declines this month, the U.S. Postal Service is showing no sign of backing off its price hiking strategy.

For the majority of Americans, we've figured out ways to not have to buy stamps like we did a decade ago. The option of paying bills online and sending texts or emails has resulted in a significant drop in first class mail. But let's face it — there's nothing like receiving a birthday card in the mail or sending a card

to tell someone how much you appreciate them and how they have made a positive impact in your life.

If you mail cards or letters these days, prepare to pay more. On Jan. 21, the cost of a first-class postage stamp will increase from 66 cents to 68 cents. Doesn't seem too bad at first glance, but it's a signal that USPS has no plans to halt escalating prices that may not cost you a lot over a year's time, but for many businesses it is just another threat to their viability.

This is the fourth increase in 18 months — the most frequent mailing rate hike schedule in the Postal Service's 248-year history. It's no secret that USPS is hemorrhaging red ink, but the recent increases have done nothing to improve its financial stability and at the same time, have harmed mail volume. In spite of enacting two rate hikes a year, as it did in 2023 and is expected to follow suit this year, the Postal Service lost \$6.5 billion

in fiscal year 2023 and is projecting a \$6.3 billion loss this fiscal year.

Consider this troubling fact — during the entire 20th century, USPS increased the price of a first-class stamp 17 times. But since 2000, it has already increased the price of a stamp 16 times, and that's for just 23 years into this century.

When I was born, a first-class stamp cost three cents. It was raised a penny the next year, and then went five years before another cent was added to the price. With the Jan. 21 increase, it has gone up 13 cents since January 2019.

There are other mailing increases that don't impact people very often, but they are significant. Postcards will increase two cents (from 51 cents to 53 cents). Ground advantage will increase 5.4 percent, priority mail goes up 5.7 percent and priority mail express climbs to a 5.9 percent increase.

During my 41-year

career as a newspaper publisher, fighting against USPS rate increases was part of the normal business routine. It was hard to stomach paying more each year to mail newspapers while service declined. We'd often hear from out-of-state subscribers who would receive multiple papers on the same day — although those papers may have been printed a week or two apart. A year before my retirement from the newspaper business, I had the opportunity to testify at a hearing of the U.S. Senate Committee on Homeland Security and Government Affairs regarding the burdensome rate increases and how those adversely affected the bottom line of newspapers. Senators were gracious to hear my observations and comments, but it appears no one has the remedy to cure the postal beast's financial dilemma.

Some of you reading this article may still subscribe to your

local newspaper, and chances are many receive it through the mail. Just this month the Henderson Gleaner announced it would use USPS to deliver its print edition that is published five days a week, joining weeklies and most dailies in the state in abandoning carriers and relying on USPS to deliver papers. There are a number of reasons that many newspapers are closing their doors, including competition from the Internet, the decline in locally owned businesses and severe reductions in staffing. But these significant USPS rate increases factor in as well, and add insult to injury when delivery standards are sub-par.

The frequent and substantial rate increases pose what is termed "a significant threat to community newspaper publishers and compound the earlier increases that have already been harmful," according to the National Newspaper Association.

Reps. Emanuel

Cleaver (D-Mo) and Sam Graves (R-Mo) have sent a letter to the USPS Board of Governors, urging them to delay any more increase this year until the effects of the unprecedented twice-a-year increases on mail volume and revenue are better understood.

You have to be quite an optimist to think that the heavy freight train of postal rate hikes will stop. A day of reckoning seems to be near, and whoever can figure out how to deliver products more economically and effectively than USPS will have a gold mine of opportunities.

**Reprinted from the Swift County Monitor-News**

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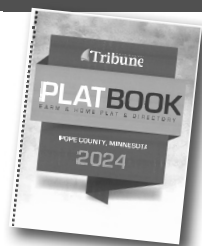
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# GARAGE SALES

**May 9 - May 12**

**Check out this week's issue  
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**• AUCTIONS • AUCTIONS • AUCTIONS •**

**NOW thru MAY 6** - 3 p.m. Online auction. Auto Repair Equipment. Skelly oil pumps, Texaco lighted clock display gas pump 40" tall, Beeline gas pump, Skelly gas pump, Craftsman 8" drill press, Atlas edge series alignment machine, etc. Willmar, MN. **Ziemer/Hilbrands, Auctioneers.**

**NOW thru MAY 6** - April sporting and recreation online only consignment auction. **Zielsdorf Auction and Real Estate Services.**

**NOW thru MAY 8** - 6 p.m. Online auction. 12.72 Acre Hobby Farm, Willmar, MN. Outbuildings. **Ziemer/Hilbrands, Auctioneers.**

**NOW thru MAY 8** - Lawn and yard equip., truck, trailer, misc., antiques, collectibles, household and furniture. George and Ruby Graff, owners. Donnelly, MN. **Ziemer Auctioneers.**

**NOW thru MAY 8** - Jerry and Jill Landwehr Estate and multi party online auction. Golf cart, JD mower, JD utility tractor w/loader, coin collection, guns, model train collection and accessories, furniture, tools, snowblowers and more. **Zielsdorf Auction and Real Estate Services.**

**WED., MAY 1** - 1 p.m. Harley Davidson Lowboy, shop equip/tools, coins, prints, household, lawn and yard equip., misc. Located at: Kandiyohi Auction Center. **Ziemer Auctioneers.**

**SAT., MAY 4** - 10 a.m. Tractors, machinery, trailers, pickup, tractor parts, toy farm tractors/implements, shop equipment/tools, misc. Ken and Madge Fratzke,

owners. **Ziemer Auctioneers.**  
**SUN., MAY 5** - 12 noon. Honda motorcycle, lawn and yard equip., sporting goods, coins, toys, guns, misc., antiques and collectibles. Located: Kandiyohi Auction Center, Kandiyohi, MN. **Ziemer Auctioneers.**

**FRI., MAY 10** - 10:30 a.m. Tractors and general farm machinery. Little Falls/Long Prairie, MN Area Farm Estate. Mrs. Al (Pat) Sobania, owner. **Mid-American Auction Co. Inc.**

**SAT., MAY 18** - 10 a.m. Military rifles, misc., golf cart, truck, antiques, collectibles, vehicles, shop equipment and tools, lawn and yard equip., household. Estate of Donald Otteson, Brooten, MN. **Ziemer Auctioneers.**

**SUN., MAY 19** - 11 a.m. Vehicles, household, skid loader, bobcat and attachments, machinery, shop equip./tools, advertising signs, antiques, collectibles, trailers, skid loader/attachments, guns, Gator 4x2, lawn and yard equip., atlases. Gary and Holly Hotovec, owners. Danube, MN. **Ziemer Auctioneers.**

**THURS., MAY 30** - 10 a.m. 340 acre Redwood County MN farmland auction. 3 parcels. Lucan, MN. RTKST Limited Partnership. **Deutz Auctioneers.**

**MAY 31 thru JUNE 10** - Marlin and Phyllis Rieppel online only auction. Coin collection, antiques, tools, dry van trailer and more. Appleton, MN. **Zielsdorf Auction and Real Estate Services.**

**JUNE 7 thru JUNE 17** - Jim and Cindy Hjelm building site and land online only auction. Douglas County, MN. Parcel 1: 6.94

Acres; Parcel 2: 33.26 acres. Kensington, MN. **Zielsdorf Auction and Real Estate Services.**  
**JUNE 14 thru JUNE 24** - June Farmer/Dealer online only consignment. **Zielsdorf Auction and Real Estate Services.**

**JUNE 14 thru JUNE 26** - Steve and Sharyl Syverson moving online only auction. Fish houses, vehicles, household, tools and lots more. **Zielsdorf Auction and Real Estate Services.**

**THURS., JUNE 20** - 10 a.m. Premiere 231.21 acre Lyon County MN farmland auction. Stanley Twp., Lyon County, MN. John and Agnes Coudron Estate, Marshall, MN. **Deutz Auctioneers.**

**JUNE 28 thru JULY 8** - 12 noon. Online only. Business liquidation. Used guns, ammo and more. Location coming soon. **Zielsdorf Auction and Real Estate Services.**

**JULY 8 thru JULY 12** - Online farmland auction. S1/2, SE1/4, Section 1, Cashel Township, Swift County, MN. 80 deeded acres. 75.22 tillable. Excellent soils and drainage. Nick and Marjorie Conyers, Sellers. **Hughes Real Estate and Auction Service.**

**AUG. 2 thru AUG. 12** - Heidecker Brothers Kandiyohi County land auction. 4 parcels farm land. **Zielsdorf Auction and Real Estate Services.**

**AUG. 9 thru AUG. 19** - August Farmer/Dealer online only consignment. **Zielsdorf Auction and Real Estate Services.**

**AUG. 16 thru AUG. 26** - Ben and Vonna DeLong Trust, Stevens and Grant County Land auction. Approx. 400 +/- acres, Herman, MN. **Zielsdorf Auction and Real Estate Services.**

**AUG. 16 thru AUG. 28** - Michael and Renae Olson, Stevens County farmland auction. 200 +/- acres, irrigator and livable building site, Hancock, MN. **Zielsdorf Auction and Real Estate Services.**

**AUG. 23 thru SEPT. 3** - Leslie and Marilyn Anderson. Douglas County land auction. 214.59 total surveyed acres. Ida Twp., Garfield, MN. **Zielsdorf Auction and Real Estate Services.**

**AUG. 30 thru SEPT. 9** - Dennis "Tessa" Mahoney estate online only equipment auction. Large amount of equipment. Appleton, MN. **Zielsdorf Auction and Real Estate Services.**

**OCT. 4 thru OCT. 14** - October Equipment, Sporting and Recreation online only consignment auction. **Zielsdorf Auction and Real Estate Services.**

**DEC. 6 thru DEC. 16** - December Farmer/Dealer online only consignment. **Zielsdorf Auction and Real Estate Services.**

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**WILLMAR, MN ONLINE AUCTION**

**ZIEMER HILBRANDS Auction**

**WILLMAR, MN ONLINE AUCTION**

**STARTS ENDING 3:00 PM MONDAY MAY 6TH**

**Location: 401 BENSON AVE SE WILLMAR, MN**

**Items Include:** SKELLY OIL PUMPS, TEXACO LIGHTED CLOCK DISPLAY GAS PUMP 40" TALL, BEELINE GAS PUMP, SKELLY GAS PUMP. LOAD TRL CAR TRAILER W RAMP & WINCH DOVETAIL TANDEM AXLE 22FT 6 BOLT HUB 82FT, CLARK FORKLIFT 2,000 LBS PROPANE, HONDA FOURTRAX 82C 4 WHEELER W/ FRONT MOUNT BLADE 4x4. ATLAS 2 POST CAR HOIST W/ CONTROL 9,000 LBS, JOHN BEAN WHEEL ALIGNMENT MACHINE VISUALINER 3D, WHEEL SERVICE TIRE CHANGER NEXT GEN/ RIM GUARD CLAMP SYSTEM, WORKSHOP TABLES, RENEGADE PARTS WASHER, TERRACLEAN FUEL SYSTEM DECARBONIZER, BG PF7 BRAKE SERVICE SYSTEM, AMMCO SAFE TURN BRAKE LATHE, SUN VAT-40 BATTERY TESTER, GENI POWER PACK CHARGER 12V MOD 1500, TOTAL TRANSMISSION SERVICE, WEAVER HEADLIGHT TESTER, CRAFTSMAN 8" DRILL PRESS, ATLAS EDGE SERIES ALIGNMENT MACHINE, CRAFTSMAN 16 GAL SHOP VACS, TWO DOOR STORAGE CABINETS, CARQUEST/WAGNER PARTS ORGANIZERS, NEW TIRES. PLUS MORE!



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# For a better and longer life get screened for ADHD

**By Mayo Clinic Staff**

When you think about ADHD, you probably think about high-energy kids who need extra help in school. But what happens when those kids become adults?

In the past, it was thought that most kids outgrew attention-deficit/hyperactivity disorder (ADHD). Today, experts believe only 1 out of 8 children truly outgrows the condition.

Robert P. Wilfahrt, M.D., a family medicine physician at Mayo Clinic, is an expert on ADHD. He says, "For a long time, parents were told, 'Oh, Johnny's having trouble in fourth grade, but he'll be a great adult.' He probably will be. But he'll probably be a great adult with ADHD."

About 5% of U.S. adults — 8 million people — have adult ADHD. But less than 20% get diagnosed or treated for it. Unfortunately, ADHD that's not treated may negatively affect daily life, work opportunities, relationships and life expectancy.

## What is ADHD?

Adult ADHD is a mental health disorder that can include a combination of problems. An adult with ADHD may be restless, have difficulty paying attention and experience impulsive behavior.

"A person who suffers from that distractibility and impulsivity was born that way," says Dr. Wilfahrt. "It's not a behavioral choice. It's not a result of their upbringing. It's not a result of any habits that they might have grown up with. They came out of the womb with ADHD."

## Adult ADHD Symptoms

Symptoms of ADHD are similar in adults and children, but many adults have learned to make their symptoms less obvious.

Typical symptoms include:

Difficulty focusing on or completing tasks.

Trouble deciding which tasks are most important.

Poor planning and time management skills.

Difficulty doing 2 tasks at once, for example, checking a pot on the stove while chopping vegetables.

Disorganization.

Trouble managing stress.

A hot temper or being more easily frustrated.

Feeling restless or moving around a lot.

According to Dr. Wilfahrt, "The hyperactivity tends to fade away with time. But impulsivity and emotional ups and downs can persist. So, I might not fidget as an adult, but I might not finish the bathroom remodeling project that I started 6 months ago."

Dr. Wilfahrt says two symptoms he sees often in adults are:

Difficulty controlling emotions. People with ADHD have emotions that bounce with intensity and speed. For example, a minor slight from a co-worker could cause a strong emotional reaction. But 15 minutes later, the person with ADHD is fine again.

Trouble sleeping. At bedtime, people with

ADHD can feel physically tired, but their minds jump with thoughts. After hours of exhaustion, they fall asleep. But with little time spent sleeping, they're tired and may have trouble starting the day the next morning.

## ADHD lowers life expectancy

Getting treatment for adult ADHD is important. One study showed that when ADHD that's not treated continues into adulthood, it can reduce life expectancy by more than 11 years.

One reason behind this could be the "snowballing effect" with ADHD. When someone has experienced the symptoms of ADHD their whole life, they may develop depressive symptoms and anxiety about daily performance.

"Because they're stressed from being unsuccessful, they might adopt coping mechanisms like alcohol or smoking, or make other bad choices," says Dr. Wilfahrt. These choices can negatively affect health and life span.

ADHD that's not treated is also linked to more accidents and accidental death. And ADHD can make it harder for people to manage chronic health conditions.

Dr. Wilfahrt says, "Maybe they get diabetes later in life. They may have to test themselves and adjust doses of insulin 4 times a day. And if you have ADHD, you're not good at that kind of complexity. So, caring for yourself later in life is difficult."

## Tests for ADHD in adults

There's no single screening test for adult ADHD. To get an adult ADHD diagnosis, your doctor may recommend:

A physical exam to help rule out other possible medical causes for your symptoms.

A medical history interview to learn about your current and past symptoms, health history, and family medical history.

Rating scales and checklists to help collect and evaluate information about your symptoms. You'll rate yourself on a variety of factors. Your doctor may also ask your family members, friends or colleagues to complete similar surveys.

## ADHD treatment for adults

While there's no cure for ADHD, there are several effective treatments that can manage your symptoms and help you live a more rewarding life.

The most effective treatment for ADHD is a combination of medicine, psychological counseling, education and skills training. However, everyone is different. Be sure to talk to a doctor before taking any medicines or supplements for ADHD.

## Adult ADHD medicine

If you have adult ADHD, you'll work with your doctor to choose what medicines to use. There are 2 categories of medicines for adult ADHD:

Stimulants work quickly and effectively to help people control ADHD symptoms.

Long-term studies have shown that they're safe, but there are risks of side effects. Plus, the benefits don't tend to last all day.

Nonstimulants don't work immediately, taking between 3 days and a month or more to kick in. But once working, they're effective all day. Nonstimulants are helpful for people who also have anxiety, depression or issues with the side effects of stimulants. And nonstimulants can be particularly effective in helping shut off ADHD brain at bedtime, improving sleep.

## Home remedies for ADHD

The best home remedy for ADHD is exercise: Both 'big' efforts, like going for a jog or bike ride, and 'little' movements, like pacing while talking on the phone, can improve focus and mood.

Although people have used supplements — like vitamins or minerals — to improve their health for decades, using natural supplements to manage ADHD is a relatively new idea.

Some research shows that iron supplements help people manage ADHD if they have iron deficiencies. Evidence from children also suggests that taking a lot of fish oil — 2 grams twice a day — may have a tiny effect on ADHD. But it's small enough that it won't likely replace prescription meds.

## ADHD counseling for adults

Counseling can be helpful for people with adult ADHD and their loved ones.

People with adult ADHD can learn to improve organizational skills, reduce impulsive behavior, understand past failures, develop problem-solving skills and improve relationships.

Loved ones of an adult with ADHD can benefit from counseling too. Sessions with a counselor can help loved ones manage the stress of living with a person with ADHD, improve communication and learn problem-solving skills.

*Reprinted from the Swift County Monitor News*

## Minnesota hay stored is down 39%

All hay stored on Minnesota farms as of Dec. 1, 2023, totaled 76.7 million tons, up 7% from Dec. 1, 2022. Disappearance from May 1, 2023 — Dec. 1, 2023, totaled 56.4 million tons, down 1% from the same period in 2022.

Record low December 1 hay stock levels were estimated in Minnesota, New York, Ohio, and Wisconsin.

*Reprinted from the Swift County Monitor News*

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**ARE YOU TIRED of having knee pain and want to talk to a doctor that can virtually give you your life back? If knee pain is an issue, call Dr. Randy Hamling. He's the only doctor in the area who offers this newly discovered knee pain reduction technology.**

## Chronic, Painful Knee Pain Reduced In Less Than 8 Minutes?

**Morris, MN** – If you have knee pain, can't walk because of an old injury, or just think it's part of getting old, you'll want to read this article...

Knee pain is something that disables many people every single year, but most people don't know what to do about it.

### What Are Your Choices?

Some people immediately opt in for surgery. Some people try buying something to wrap their knee with - hoping it will help. And others just follow orders and take medications that only mask their KNEE PAIN symptoms as their condition worsens.

### What Works Best?

There are a lot of ways to TREAT your knee pain, but which one will really work? You know that there are not a lot of options that are effective when it comes to actually helping align the knee, taking nerve pressure off the knee, and reducing the pain and swelling.

### What If There Was A REAL SOLUTION That Started Working From DAY ONE?

Hello! I'm Dr. Randy Hamling, and I want to tell you about a new device called the K.P.R. I discovered this one-of-a kind machine at a recent medical conference and tried it on myself. **THE RESULTS?** My knees have never felt so good, and that was after ONE treatment!

It essentially reduced my knee stiffness by 95%, so I am confident it can help your knee pain. It can help you walk better as soon as you get your first treatment. Plus, it may help you do some things you used to do *without* the help of a walker, cane, or someone else assisting you.

Now, I can't guarantee a miracle if you haven't walked in twenty years... but this may just be the answer you've been looking for. And better late than never! You should consider this option regardless of what's happened to you in the past!



I would like the opportunity to help you:

- **Get out of pain**
  - **Walk better**
  - **Move better**
  - **Get up and down better**
  - **Get out of chairs easier**
- AND... Finally be able to move without relying on someone or something else.**



### What If Your Knee(s) Are BONE ON BONE?

If you're bone on bone, this may be the only thing you can do to help your condition. And you'll find out that the K.P.R. is an amazing machine when teamed up with our red light therapy.

### Will This Work For You?

We have a reputation for getting quick results. But if you're like most of our patients, you know the knee prob-

lem isn't just going to go away. We're also known for our personalized care. We can't promise the world, but we will do everything humanly possible to get the results you want.

### I've Never Done This Before!

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