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AUGUST 6, 2025

Volume 22 • Issue 8

Maddi Beissel Wins National Honor at Junior National Hereford Expo



Junior photography contest Hereford people division winners (l to r): first, Josie Beltz, Canton, Kan.; second, Quinn Breiner, Pratt, Kan.; third, Maddi Beissel, Hampton, Minn.

(continued on page 3)

57th Annual Chicken BBQ & Street Dance Saturday, August 16th

Food Served: 3 PM - 8 PM
Live Music by Mark Joseph and the American Soul: 8 PM - Midnight
(Music Sponsored by: R Bar - Randolph)

Get ready for a day filled with mouthwatering BBQ, great music, and unforgettable fun! Bring your friends, family, and dancing shoes to celebrate with the Randolph-Hampton Fire District.

Don't miss this community tradition—see you there!

Randolph Schools Open House August 27

Student pictures will be in October. The following will be available for families on Wed., Aug. 27, 2025, from 3:00 p.m.-7:00 p.m. (continued on page 4)



file photo

Announcements

• **Randolph Food Shelf** located at St. Mark's Church 28595 Randolph Blvd. Monthly Open Hours: 1st Tuesday 8:00 - 9:30 am; 2nd, 3rd, 4th Tuesdays 4:30 - 6:00 pm. Questions call (507) 263-9182.

Do you have an announcement?
Email: hometownmessenger@gmail.com



file photo

50th Annual Rice County Steam and Gas Tractor Show August 29, 30 & 31

Visitors can take a trip back in time with all the various exhibits and activities going on at the annual Rice County Steam & Gas Show just South of Dundas MN on Hwy. 3 Friday, Saturday and Sunday, August 29, 30, 31.

Attendees can expect to see many of the familiar attractions as they have in the past including the operating sawmill, corn shelling, thrashing, blacksmithing, and more.

(continued on page 6)



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ALL YOU CAN EAT FISH DINNER

Deep fried cod served with salad or coleslaw, choice of potato or vegetable medley and 2 slices of garlic toast.

SATURDAY

PRIME RIB

Roasted prime rib served with soup and salad, choice of potato or vegetable medley and 2 slices of garlic toast.

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CHICKEN ALFREDO or SHRIMP ALFREDO

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SUNDAY

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Pastors Corner Discovering Old Testament Prophecies



By Jon Dudek, co-founder of
Isaiah Ministries, bringing
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Recently I have been diving deeper into the Old Testament, and I have become more aware of both the prophetic verses that have come to pass and ones that have not yet manifested in regard to Jesus Christ. What do I mean by prophetic verses? Good question. In a nutshell, these would be Scriptures that talk on a future event that will take place.

Below you will see I have shared a few of these prophetic verses that have been achieved and ones that have not yet occurred. I hope this article ignites something in your spirit to take time to read the Old Testament. When you open your Bible, my desire for you is that you will see history come alive. (Verses are taken from the New King James Version unless otherwise indicated.)

Fulfilled Prophecies

Isaiah 7:14 is referring to Jesus being born of a Virgin (Mary), and His name will be called Immanuel (God with us).

Therefore the Lord Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Im-

manuel. **(Fulfilled in Matthew 1:23)**

Isaiah 53:5 speaks about what would happen to Jesus in His first coming (John 3:16-17) and the horrible beating he would take for both you and me.

But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed. **(Fulfilled in 2 Corinthians 5:21; Hebrews 2:9; Colossians 1:20; 1 Peter 2:24)**

Zechariah 9:9 discusses Jesus humbly arriving in Jerusalem on a donkey as our Lord and Savior.

Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, your King is coming to you; He is just and having salvation, Lowly and riding on a donkey, A colt, the foal of a donkey. **(Fulfilled in Matthew 21:5-11; John 12:15)**

Zechariah 11:12 shares about someone who will betray Jesus for thirty pieces of silver. Unfortunately, that person was Judas Iscariot.

Then I said to them, "If it is agreeable to

you, give me my wages; and if not, refrain." So they weighed out for my wages thirty pieces of silver." **(Fulfilled in Matthew 26:15 and 27:3)**

Still Not Fulfilled

Psalms 96:13b shares that Jesus is indeed coming back and will judge the earth.

For He is coming, for He is coming to judge the earth.

He shall judge the world with righteousness, And the peoples with His truth.

Daniel 7:13-14, from my perspective, discusses how Jesus will be ushered to the heavenly Father by angels. Jesus will have everlasting dominion and rule on this earth as He will reign for one thousand years (see Revelation 20:4-6). Jesus's rule is not limited to the millennial reign; He will reign for eternity. However, there is a designated time period in Scripture (one thousand years) for various things to be accomplished and fulfilled.

I was watching in the night visions, And behold, One like the Son of Man, coming with the clouds of heaven! *(continued on page 3)*

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AREA CHURCH DIRECTORY
Lost Sheep Blinded

... Jesus himself came up and walked along with them; but they were kept from recognizing him. — Luke 24:15-16

Does it seem unfair that these disciples were kept from seeing Jesus? I have heard people say that it seems Jesus was being tricky here. While Jesus walks along with them, the disciples think he is an out-of-touch stranger who has no idea what happened recently in Jerusalem.

But let's look at this from a different angle. From a teaching and learning perspective, Jesus makes a brilliant move. The disciples do not know Jesus is right there with him, so they can express their misunderstanding and frustration without being distracted. They have no need to try to act as they would if they knew he was there. They have room to hear God's story all over again and to begin learning anew.

We learn that they also asked each other later, "Were not our hearts burning within us as he talked with us...?" Somewhere deep inside they sensed that their fellow traveler had remarkable understanding and authority as he spoke about the Scriptures, but first they needed to be in a space where they could be redirected. Jesus their shepherd had more than one agenda to attend to in order for them to grow as disciples who would be invited to share in his mission. While not being able to recognize him, they could begin to develop spiritual eyes of faith by which all new disciples would begin to see him.

How has the good shepherd gotten your attention lately? What is he trying to teach you?

Lord, help us to learn anew and to be more attentive so that we can see you at work in the world today. Amen.

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Maddi Beissel Wins National Honor at Junior National Hereford Expo

(continued from page 1)

LOUISVILLE, Ky. – Hundreds of National Junior Hereford Association (NJHA) members from across the country showcased their artistic talents in the photography and poster contests, capturing their passion for the Hereford breed through visual storytelling. The award winners were recognized during the Buckle and Awards Ceremony at the VitaFerm® Junior National Hereford Expo (JNHE) July 16, in Louisville, Ky.

Photography

Hereford juniors showcased their storytelling talents in the NJHA photography contest, using their creativity and technical skills with a camera. Entries were submitted in two categories: Hereford people and Hereford cattle. All photographs were submitted prior to the JNHE and evaluated by a panel of expert judges. This contest is proudly co-sponsored by the NJHA and Hereford Publications Inc.

Peewee

Hereford cattle

1st place: Mila Perez, Canyon, Texas
2nd place: Conner McQuaig, Danielsville, Ga.

3rd place: Adalynn Blakenship, West Burlington, N.Y.

Hereford people

1st place: Mila Perez, Canyon, Texas
2nd place: Emmett Acheson, Wichita, Kan.
3rd place: Avery Wagner, Hull, Iowa

Junior

Hereford cattle

1st place: Addie Bourgeois, Opelousas, La.
2nd place: Charli Moore, Zurich, Kan.
3rd place: Brayson Mayo, Scott City, Kan.

Hereford people

1st place: Josie Beltz, Canton, Kan.
2nd place: Quinn Breiner, Pratt, Kan.
3rd place: Maddi Beissel, Hampton, Minn.

Discovering Old Testament Prophecies

(continued from page 2)

He came to the Ancient of Days, And they brought Him near before Him. Then to Him was given dominion and glory and a kingdom, That all peoples, nations, and languages should serve Him.

His dominion is an everlasting dominion, Which shall not pass away, And His kingdom the one Which shall not be destroyed.

Zechariah 12:9 is a very sobering Scripture that shares on the wrath that will come against all the nations who are against Jerusalem (Israel).

It shall be in that day that I will seek to destroy all the nations that come against Jerusalem.

Zechariah 14:16 declares that when Jesus returns, nations that came against Jerusalem will come to worship Jesus in actual Jerusalem (see verse 17). From my perspective, Jerusalem will be the most favored, holy, and anointed city in the whole world (see Zechariah 8:3).

And it shall come to pass that everyone who is left of all the nations which came against Jerusalem shall go up from year to year to worship the King, the Lord of hosts, and to keep the Feast of Tabernacles.

I highly encourage you to look up these verses and go on a scavenger hunt to discover more prophetic verses in the Old Testament. I would like to close with 2 Timothy 3:16, "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness."



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Monthly Food Shelf Hours:

1st Tuesday 8:00 - 9:30 am

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Randolph Community Food Shelf is for anyone in need within the Randolph School District. (Randolph, Stanton, Hampton & New Trier area)

We are here to help!

Please pull around to the southwest corner door for easy loading of your items

Goodhue County Fair



This August 6th the Goodhue County Fair will start at the Fair Grounds in Zumbrota. This year offers a change as there will be Daily Free Events taking place each of the five days of the fair.

The Tumbleweed Crossing is an award-winning comedy wild west gunfight stunt show. Shows are at Tuesday, August 5th, 5 pm, Wednesday, August 6th 2:30 pm / 5:30 pm, Thursday, August 7th, 11:30 am / 3:30 pm / 6:30 pm, Friday, August 8th, 11:30 am / 3:30 pm / 6:30 pm and Saturday, August 9th, 12:30 pm / 4:30 pm / 7:30 pm.

The Xtreme Strong Man Show is also new this year. Watch in amazement as this STRONG MAN pulls a vehicle with his teeth, bends bars, juggles tires, drives nails and breaks chains with his body! Shows are Tuesday, August 5th, 6 pm, Wednesday, August 6th, 11:30 am / 3:30 pm / 6:30 pm, Thursday, August 7th, 12:30 pm / 4:30 pm / 7:30 pm, Friday, August 8th, 12:30 pm / 4:30 pm / 7:30 pm and Saturday, August 9th, 10:30 am / 2:30 pm / 5:30 pm.

At Fisherman Dan's "Off the Hook" comedy stunt show you can dive into the rip-roaring world of laughter and lunacy with 'Fisherman Dan's Off The Hook Comedy Stunt Show'! Shows are Tuesday, August 5th, 7 pm, Wednesday, August 6th, 12:30 pm /

4:30 pm / 7:30 pm, Thursday, August 7th, 10:30 am / 2:30 pm / 5:30 pm, Friday, August 8th, 10:30 am / 2:30 pm / 5:30 pm and Saturday, August 9th, 11:30 am / 3:30 pm / 6:30 pm.

For the kids you can enjoy Polka Dot Entertainment with Penelope and Peter. Penelope is an Escape Artist, Magician, Juggler, Balloon Artist, Mentalist, Human Statue, Airbrush Tattoo Artist and Hypnotist. Peter is a Juggler, Stilt Walker, Magician, Balloon Artist and Airbrush Tattoo Artist. Shows are Tuesday, August 5th, 10 am – 8 pm, Wednesday, August 6th, 10 am – 8 pm, Thursday, August 7th, 10 am – 8 pm, Friday, August 8th, 10 am – 8 pm and Saturday, August 9th, 10 am – 8 pm.

So Hot Glass brings the ancient art of glass blowing right to your front doorstep—uniting artistry, education, and excitement with every demonstration.

The Grandstand Shows feature Bull riding, barrel racing and mutton busting on Tuesday at 7pm. Wednesday is AutoCross racing at 7pm. Thursday is the Truck & Tractor Pull at 6pm. AutoCross Racing returns on Friday at 7pm a Demolition Derby is planned for Saturday at 5pm.

The Beer Garden is open daily and serves ice-cold beer and rail drinks with FREE jukebox and live bands Tuesday thru Saturday. Tuesday is Leonard McCracken at 7pm. Wednesday is Dave Carpenter & Friends at 3pm followed by Ryan Sullivan at 6pm. Thursday is Kaptain Karaoke at 1:30pm and 8th Street Bend at 6pm. Friday is George's Concertina Band at 2:30 and Bryan Anderson at 7pm. Saturday will be Zachary Giebler at 4:30pm and Foster Grand at 8:30pm.



Randolph Schools Open House August 27



(continued from page 1)

Elementary and Preschool Open House-Meet your teachers
Rocket Clothing for sale

Athletic Season Passes for sale

Put Money in Lunch Accounts - A la carte only (Breakfast & lunch are free for students Preschool - Grade 12)

Elementary Students grades 1-6 will be able to pay for Snack Cart/Milk Break

Bus Route Information

Learn about High School Activities

High School Students will be able to get locker assignments and meet teachers.

Car pass registration in the High School Office

There will be an orientation for all incoming 7th grade students and their parents from 6:30 - 7:00 pm in the North Gym.

Families of students in grades 7 - 12 who are new to the district are also encouraged to attend.



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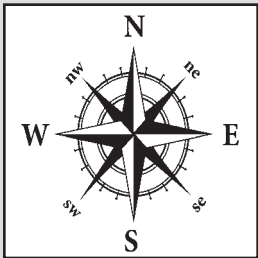
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Changes in Latitudes, Changes in Attitudes

Snakes, Why does it Always Have to be Snakes?



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

OK, so I took the title from my favorite Indiana Jones movie, but I really hate snakes. Have all of my life. Not sure why but most likely started with the Bible story about an apple and the serpent.

My grandfather, Norman, tried to rid the farm of rattle snakes back in the 1880's when he happened upon sixteen rattlers while picking grapes on the hillside in our woods. He killed them all and reported that many were in excess of four feet long.

As a kid I was certain I would be encountering rattlesnakes in my exploration of our woods, so I purchased a snake bite kit and carried it every time I went out. I envisioned extracting the poison from my leg with the little rubber suction cup in the event I accidentally scared one up. I have found out since that it was as unlikely to work as I was to ever come across a poisonous snake.

When I moved down to Tennessee, I was prepared to wage war on copperheads and water moccasins. I brought a Taurus Judge 5 shot revolver filled with .410 shells. Never had an occasion to use it.

Last year my wife had netting over the plants on the back deck to keep the bird from robbing her fruit plants. It had come off over the winter and while she was mowing the John Deere snagged a piece of the fabric and wrapped it up around the blades. I took it to the shop where I removed a 16' netting that had been spun into a nice six foot long rope by the blades. The next week I decided to clean up the remnants of netting by the garden to prevent a reoccurrence with the mower.

Until this time, I hadn't a care in the world about snakes in Minnesota. I reached down and grabbed the loose netting in the tall grass, and wondered why it too had been spun into a long rope, but not wrapped up in the mower blades. I had the loose netting in my right hand and a firm grip on the supposed rope with my left hand. No gloves on, just bare hands. My left hand told my brain this was not a rope about the same time my eyes told my brain about the pretty diamond shaped markings all down the rope. Both hands let go at the same time.

I knew that there are no Copperheads in Minnesota. My neighbor John, up the road from us in Tennessee lost a finger on his left hand when he picked up a stick of lumber with a juvenile Copperhead under it. I understand the risks with snakes. I am very careful picking things up in Tennessee during the warm months. I have encountered garden snakes in many areas around the farm but never "accidentally" picked one up bare handed.

My wife has an app on her phone to identify plants and she took a picture of this "thing." It was a northern water snake. I have lived in Minnesota sixty-eight years and spent every year of it in the woods and streams around here and never encountered one of these. They grow to four feet long and this one was fully grown on the day it expired. It had slithered into the netting and became caught, right under the deck beside our bedroom. Hopefully it doesn't have a family living nearby.



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A Minnesotan: Cabin People



By RosaLin Alcoser

All Minnesotans can be set into three main groups when it comes to the lake. Those of us who either live at the lake or in a rural area and do not go to the lake, because there is no need. We're already away from the city and don't need to escape. This is the category I grew up in. I've lived in the rural area and I've lived at the lake.

I've even lived in a lake town that had a lot of the next category. The cabin people. We all know at least one of these. They are the ones who own or rent a cabin and go to the lake as much as they can. To escape the city and in some cases be as loud as possible from Friday night until Sunday night when they go home.

Finally you have the people who just

don't care about going to the lake. These are the town and city people who either don't go because they can't or because they simply rather spend their weekends at home. Which is where I was happily existing. Since going to the lake where one's parents live to see them doesn't really count as going to the lake; it's just going to see your mom.

That was until I married into a cabin family. My husband's family is constantly going to the cabin; all year round. Which has been a new experience for me.

Yes, I did grow up around the lake and lived there for part of my early 20s. However, it's a very different experience then being a cabin person. When you live at the lake you go about your normal business and when the cabin people are around you might plan your weekend around avoiding them; at least that's what I used to do. Mainly because in the lake town I was living in the cabin people tended to forget how to follow traffic rules once they got there.

Now I'm experiencing all sorts of new things. On these short Friday evening through Sunday runs to the cabin. Such as kayaking, playing on the beach, and going out onto the lake without going to fish. I will say I quite enjoy kayaking.

Like I said there are three categories of Minnesotans when it comes to the lake. Most of us only ever fall into one or two of those categories. To my fellow people who have been in all three I hope that you are in your favorite of the three.

50th Annual Rice County Steam and Gas Tractor Show August 29, 30, and 31

(continued from page 1)

The annual flea market will take place on the grounds and additional exhibits are many,

including antique tractors, classic cars and trucks along with draft horses.

Vintage Machinery, both horse drawn, and tractor driven, will be on display and used in various exhibits on the grounds.

The tractor parade takes place at noon each day.

Breakfast is served daily on the grounds as well as other food stands offering food throughout the day.

The kids pedal pull is Saturday after the parade, and the tractor pull is Sunday at 9:00 AM. For the annual fundraising raffle, a Club Car Golf Cart is the Grand Prize this year. Raffle Tickets are just \$5.00, with the drawing Sunday at 4 PM. .

A petting zoo will also be available for visitors, presented this year courtesy of Windy



The Charlie Sticha Band
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There will be live music all three days and a non-denominational church service will take place Sunday at 8:00 AM.

General admission is just \$10 for the entire weekend and all events are free for ages 12 and under.

Celebrating 50 years of shows, the all-volunteer group works hard to preserve history, maintain the grounds and bring new pieces of history to visitors every year. The newest

building acquisition for the club was the former Waterford, MN schoolhouse and township building, which was moved to the grounds from its original location in Waterford (Just North of Northfield). Photos of the historic move are available on the Rice County Steam and Gas Facebook page.

Complete information and event listings are available on the group's Facebook page and website at ricecountysteamandgas.com

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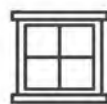
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How to Remove a Tick and What to Eat When You Are Sick



By Shauna Burshem, D.C.

When you're sick, your body demands more nutrients, fluids, and energy to recover, but appetite often diminishes, creating a challenging mismatch. This is where food choices play a critical role. Eating becomes less about flavor and more about function, as the right foods can support your immune system, soothe symptoms, and speed up recovery. Conversely, the wrong foods can hinder healing, worsen discomfort, and prolong illness. Tailoring your diet to your symptoms ensures your body gets the building blocks it needs to heal effectively. Hydration is a top priority, especially during stomach bugs, as vomiting and diarrhea deplete both water and essential electrolytes like sodium and potassium. Coconut water and bone broth are excellent options for gentle rehydration, while high-water fruits and vegetables like watermelon and cucumbers provide hydration alternatives when plain water feels unappealing. For upset stomachs, bland carbohydrates such as bananas, rice, and applesauce are easy to digest and help stabilize the digestive system. Eating small, frequent meals rather than large portions is key to avoiding further irritation. Specific symptoms call for targeted food strategies. For constipation, gradually increasing dietary fiber is essential, but overloading too quickly can worsen bloating and discomfort. Warm beverages like tea or coffee can help stimulate bowel movements, while fruits like prunes and fiber-rich legumes provide lasting digestive support once the gut stabilizes. For sore throats, both warm soups and cold foods can provide relief, while raw honey acts as a natural cough suppressant. Bone broth offers collagen and amino acids for tissue repair, and garlic's antiviral and antibacterial properties can reduce the severity of colds and flu.

Ultimately, food choices during illness should focus on supporting the body's natural healing processes without aggravating symptoms. Functional foods like ginger can calm nausea and soothe the digestive tract, while coconut water replenishes electrolytes without upsetting the stomach. Bone broth and warm teas are particularly effective for con-

gestion, offering both hydration and soothing warmth. By aligning your diet with your symptoms, you can work with your body to recover faster and more effectively.

Ticks pose a significant health risk, turning a simple outdoor experience into a potential battle with illness. The danger lies not just in the bite itself but in the aftermath, where improper handling can lead to infections and long-term complications. Many people, driven by panic or outdated advice, resort to unsafe removal methods like burning the tick or using nail polish, which only increase the risk of infection. Knowing the correct removal techniques and preventive measures is crucial to staying safe and healthy. The safest way to remove a tick is by using fine-tipped tweezers to grip it close to the skin and pull upward with steady, even pressure. Twisting or yanking can break the tick apart, leaving fragments embedded in the skin. While it may be tempting to dig out leftover parts, experts advise against it, as the body will naturally expel these fragments over time, much like it does with splinters. Attempting to remove them manually often causes more harm, leading to skin irritation or secondary infections.

Using improper tools or methods, such as squeezing the tick or applying petroleum jelly, matches, or nail polish, can force harmful bacteria into the skin, increasing the risk of diseases like Lyme disease. These methods also delay proper removal and heighten the chances of serious illness. Once the tick is removed, safe disposal is essential. Crushing it with fingers is risky, as its fluids may carry pathogens. Instead, wrap it in tape, flush it, or submerge it in alcohol to prevent contamination.

Prevention is the best defense against tick-borne illnesses. Wearing protective clothing, using natural repellents, and performing daily tick checks significantly reduce the risk of bites. Tools like lint rollers and proper tick disposal methods can help you stay proactive. Additionally, documenting bites with photos and saving the tick in a sealed bag or alcohol can provide valuable information for medical professionals if symptoms develop later.

Ticks are more than just a seasonal nuisance; they are a hidden threat that requires vigilance and proper handling. By understanding the risks and following expert-recommended practices, you can minimize the chances of infection and avoid the complications associated with tick-borne diseases. Staying informed and prepared ensures that a simple encounter with nature doesn't turn into a prolonged health challenge.

Spinal pain impacts millions of people, despite over \$134 billion being spent annually in the United States alone. Most patients remain trapped in chronic pain cycles because treatments often focus on alleviating symptoms rather than addressing the root causes. Common pain generators, such as weak ligaments, tight muscles, structural misalignments, trapped emotions, and inflammatory conditions, are frequently overlooked. This leaves patients cycling through increasingly risky interventions without resolving the underlying issues. Conventional medications often exacerbate the problem rather than solve it. NSAIDs are the leading cause of drug-related hospital admissions, Tylenol re-

sults in 56,000 emergency room visits annually due to toxicity, and Gabapentin offers minimal relief while causing cognitive side effects like drowsiness. Corticosteroids, often hailed as "wonder drugs," inflict severe long-term damage, including 5% to 15% yearly bone loss, a 70% rate of weight gain, and dramatic increases in heart attacks (226%), heart failure (272%), and strokes (73%). Spinal surgeries, while highly profitable, are often questionable in their effectiveness.

They carry significant risks that patients frequently only learn about after complications arise, with no way to reverse the damage caused by the procedures. Natural alternatives for spinal pain focus on addressing root causes and promoting overall healing without the risks associated with conventional treatments. These approaches often include strengthening weak ligaments through prolotherapy or platelet-rich plasma (PRP) injections, which stimulate the body's natural repair processes. Gentle practices like yoga, Pilates, and physical therapy can improve posture, release tight muscles, and correct structural misalignments, while acupuncture and chiropractic care provide targeted relief by restoring balance and alignment. Anti-inflammatory diets rich in whole foods, omega-3 fatty acids, and antioxidants can reduce systemic inflammation, while supplements like turmeric, magnesium, and collagen support joint and tissue health. Additionally, ad-

ressing emotional stress through mindfulness, meditation, or therapy can help release trapped emotions that contribute to chronic pain. These holistic methods not only alleviate pain but also empower patients to take an active role in their recovery, fostering long-term wellness. Chiropractic care offers a natural, non-invasive approach to managing spinal pain by focusing on restoring proper alignment and function to the spine and nervous system. Through techniques like spinal adjustments, chiropractors can relieve pressure on nerves, reduce inflammation, and improve mobility, often providing immediate pain relief. Regular chiropractic care can also address underlying issues such as poor posture, muscle imbalances, and joint dysfunction, preventing the recurrence of pain and promoting long-term spinal health. Additionally, chiropractic treatments are tailored to each individual, ensuring a personalized approach that targets specific pain generators. Beyond physical benefits, many patients report improved overall well-being, better sleep, and reduced stress levels as a result of chiropractic care, making it a holistic solution for those seeking relief from spinal pain without relying on medications or invasive procedures.

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

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ADHD



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

Attention Deficit-Hyperactivity Disorder (ADHD) has become a well-known term in many households and communities in recent years. In 2022, around seven million children between the ages of three and seventeen had been identified with ADHD, according to the Center for Disease Control. In a 2022 research paper, Dr. Jeff Schein estimates that more than eight million adults in the USA also have symptoms of ADHD resulting in

employment challenges, productivity loss, and increased health care expenses. So what exactly is ADHD and what are effective ways to manage it?

ADHD is most frequently identified during childhood but can be a challenge in adult years as well. Specific characteristics include lack of interest or attention, being extra active or impulsive, making quick choices or decisions, difficulty concentrating on a task, easily distracted, and difficulty being still. These challenges can result in difficulty with school work, strained relational interactions, and problems accomplishing work related tasks. When ADHD is diagnosed, there are holistic treatment options available to improve mental clarity and quality of life.

Refined sugar is a key ingredient to consider removing in order to improve mental clarity. A 1978 clinical study found 76% of hyperactive children had an abnormal response to glucose, a simple sugar. Just as a patient with diabetes needs to carefully monitor sugar intake, so does an individual managing ADHD. Refined sugar includes white sugar, brown sugar, powdered sugar, corn syrup, sucrose, and maple syrup. Whole food options for sweet treats would include whole

fruits, dried fruits, and raw honey. By reducing sugar intake, the energy from food sources is more easily managed by the body resulting in decreased stress reactions and clearer mental abilities.

Highly processed foods often contain artificial coloring and preservatives associated with ADHD. In July of 2025, PepsiCo announced they would be removing artificial coloring from Lay's and Tostito products. The Food and Drug Administration has begun to recommend the removal of artificial coloring from food products with many food industry companies targeting the end of 2026 for complete removal of these ingredients. Highly processed foods include box mixes, breakfast cereals, soda pop, and packaged sauces. These products often contain phosphates, monosodium glutamate (MSG), and other preservative chemicals to help maintain shelf life of the product, but these can generate hyperactivity in the nervous system.

Food allergies are another significant connection with ADHD. Common allergy categories associated with ADHD include artificial coloring and preservatives, cow's milk, chocolate, grapes, wheat, cheese, eggs, and peanuts. Elimination of one or more of these items for one week can be a helpful step to confirm what may be contributing to symptoms. In addition, allergy testing is available to quickly identify what may be causing reactions. When specific food items are identified then treatment options and alternatives can be recommended.

ADHD, along with depression and other

mental health challenges, can often be effectively managed with a proper balance of vitamins and minerals. In other words, ADHD symptoms can be a signal of nutrient deficiencies. In the book, "The Better Brain," Dr. Bonnie Kaplan provides multiple sources documenting effective management of ADHD symptoms with a specific formula of vitamins and minerals. A person with ADHD simply needs more vitamins and minerals regularly compared to a person without ADHD symptoms. A licensed nutritionist can provide the proper mix for a multi-vitamin / multi-mineral to help live a balanced life.

Nutrient deficiencies and allergic responses to food items are a common factor with many health challenges. As the next school year approaches, identifying the nutrition sources needed can help to make a good start. A simple consultation with a licensed nutritionist can identify the next best steps to take toward healthy living and improved quality of life.

Every health challenge you face in the year ahead has a nutritional answer to it. Your health challenge can be successfully addressed with a quality nutrition plan. Contact me to discuss your health goals for the coming year. I can help you realize greater health freedom in 2025. You can contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: Can you write about airbags? I know you just wrote an article about it being best for kids to ride in the back seat. I know airbags are an issue for kids in the front seat so I thought this would be a good topic. Thank you.

Answer: An airbag is a supplemental restraint system. Airbags work with seat belts to prevent injuries but are not designed to keep occupants from being ejected. For safety reasons, children under age 13 must ride in the back seat if it is available.

Airbag safety suggestions

- Try to keep at least 10 inches between yourself and the steering wheel. Keep your hands at the 8 and 4 o'clock or 9 and 3 o'clock positions on the steering wheel. Avoid the 10 and 2 o'clock position.

- Keep your thumbs turned out on the steering wheel.

- Move front passenger seats as far back as possible. Read your operator's manual before driving or riding in a vehicle with airbags.

- For more information about seat belts, airbags and car safety seats, visit the Department of Public Safety's Office of Traffic Safety at ots.dps.mn.gov.

Question: I heard some talk about a new law of July 1st that allows motorcycles to drive through traffic. Can you explain this as a lot of my friends are talking but I can't get the same answer from any of them.

Answer: Motorcycle Lane splitting and filtering are legal on Minnesota roads as of July

1. The new law, passed by the Legislature in 2024, allows motorcycles to share lanes with cars for the first time in the state, with notable restrictions on speed and where lane sharing can be performed.

It is the responsibility of motorcyclists to perform these actions safely and legally. Motorists need to be aware of motorcycles that are splitting and filtering and cannot get in their way, however they are not obligated to accommodate them.

- Lane splitting allows a motorcycle to share a lane with and pass a vehicle in slow-moving traffic at no more than 25 mph, and no more than 15 mph over the speed of traffic. Once traffic gets back up to 25 mph, the motorcycle must go back into their own lane of traffic.

- Lane filtering allows motorcycles to move through traffic that is stopped, such as at a stoplight or in a traffic jam. The motorcyclist cannot go more than 15 mph as they filter toward the front of the line of traffic.

- Splitting and filtering are prohibited in roundabouts, school zones, freeway on-ramps and work zones where traffic has been funneled down to a single lane.

For more information: <https://dps.mn.gov/news/ots/lane-splitting-filtering-begin-mn>

Question: Somebody was trying to tell me the other day that it's ok to throw out their fruit peels along the highway as they break down fairly quick and it shouldn't be an issue. I disagreed and told them garbage is garbage. I asked if they would want someone to throw that stuff in their yard. What does the law say?

Answer: You are correct. That would not be allowed. It is illegal to throw items from your vehicle onto streets, roads, and public or private land. Do not throw, leave, place or dump any items, including: cigarettes, fireworks, debris, snow, ice, glass, nails, tacks, wire, cans, garbage, papers, ashes, refuse, carcasses, offal, trash or rubbish.

Question: I was driving in the metro area the other day and I witnessed a bus driving on the shoulder. Is this allowed?

Answer: Transit buses and metro mobility buses are permitted to use the shoulder of a

freeway or expressway. Buses can use the shoulder only when main-line traffic speeds are less than 35 miles per hour. Bus drivers on the shoulder may not exceed the speed of main-line traffic by more than 15 miles per hour and may never exceed 35 miles per hour. Bus drivers on the shoulder must yield to merging, entering and exiting traffic and to other vehicles on the shoulder.

Question: I see a lot of motorists pulling campers and trailers that don't have experience or simply don't know what they are doing. I see some crashes that I suspect are due to this. Can you talk about pulling campers and trailers?

Answer: If you pull a camper or trailer with your vehicle, you must maintain at least 500 feet of following distance from other vehicles.

When loaded, 10 to 15 percent of the trailer's weight should be balanced on the hitch between the trailer and vehicle. When correctly loaded, the trailer's floor should be level. After the first few miles, stop and check the hitch, tires, lights and load. Repeat this process at all rest stops.

Travel at a slower speed. Many trailers have smaller wheels that turn faster than your car wheels, causing heat buildup that can lead to trailer wheel bearing failure.

Remember that the brakes on your vehicle were probably not designed to handle heavy trailer loads. A sudden stop at high speed could flip both the trailer and the car.

Speed up carefully, using a lower gear if necessary. Maintain enough following distance to prevent the need for sudden stops. When passing other vehicles, remember the additional length of your trailer and be aware that your ability to accelerate is reduced.

Wind and rain will affect your ability to handle and control a vehicle pulling extra weight. When towing a trailer or camper in wet or windy conditions, slow down more than you would normally do in such weather.

Allow plenty of room for turns. Long trailers will swing closer to the edge of the road than your vehicle.

Pay extra attention to your vehicle's cooling system when towing extra weight. Your engine will overheat more easily in warm weather, at high speeds and in hilly areas.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. or reach him at, Troy.Christianson@state.mn.us.



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1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16				17				
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56						57				58			
59						60				61			
62						63				64			

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2	3	6	8	1	4	9	7	5
5	1	9	3	7	6	2	4	8
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6	9	8	1	4	5	7	2	3
7	4	2	9	3	8	5	6	1
3	5	1	6	2	7	4	8	9
9	6	4	2	5	3	8	1	7
8	7	5	4	6	1	3	9	2
1	3	2	7	8	6	9	5	4

SUDOKU

P	I	H	S		N	L	S		E	S	T	E
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

(continued on page 16)

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THEME: AT THE CIRCUS
ACROSS

- *Jumbo The Elephant or Sirius in space
- "But I heard him exclaim ' ____ he drove out of sight"
- Young salmon
- Blood component
- What Lizzie Borden did
- Leather razor sharpener
- "The Famous Five" author ____ Blyton
- Back of the neck
- Letter-shaped girder
- *Feats-of-strength circus performer
- Indian restaurant bread
- In need of a muffer
- Away's partner
- Backward
- Same as ruin
- Greek R
- Net sales minus cost of goods sold
- Europe/Asia mountain divide
- Approximately, as in date
- Overnight lodging
- Inflicted a blow
- Celestial bear
- Goose egg
- ____-AFTRA
- Frying pan
- Eating establishment
- Type of English crs.
- Traffic accident
- Wading bird
- *Sara Gruen's novel "Water for ____"
- *Lion tamer's tool or counter seat
- Justice's garb
- Hit it on the head
- Run off, as in couple
- Was in the hole
- Japanese zither
- Something ____
- Movie "Saturday Night" subject matter, acr.
- FedEx, verb

DOWN

- Tom Jones' " ____ a Lady"
- *Big Top
- Gulf V.I.P.
- Remodeled
- Tests
- Settle a debt
- Biblical place of bliss
- *"The Greatest Showman" protagonist
- Equals length times width
- Multicolored horse
- Dashboard acronym
- Type of heart pain
- Moses' mountain
- Hollywood legend ____ Shearer
- *Like circus audience's experience, hopefully
- Bow-like structure
- Dodge
- Trunks
- *Three- ____ circus
- What phoenix did
- Batu Khan's people
- JD Vance's "Hillbilly ____"
- Civil disorder
- African grazer
- *Sound of circus
- Money under mattress, e.g.
- *Aerialist's bouncy safety device
- Piled
- Twisted cotton thread
- Give it generously
- *Funny one
- James Dean's famous role
- It will
- *Unwelcome reception, pl.
- Cupid, to the Greeks
- Sodium hydroxide
- ____caca, South American lake
- Trough stuff
- Witness

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