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Hayden Johnson signs a t-shirt for Patriot fan, Betty Sandburg during the boys basketball's kids and fan night at Win-E-Mac school.

Intuition results in lifesaving care

Brenda LeNoue was home alone when she began to experience pressure in her chest. "It felt like someone was pressing with their fist," explained the 56-year-old Fargo resident.

The pain wasn't excruciating, but LeNoue also felt it on the right side of her neck and down her right arm. Concerned, she called her husband, Kenny, who was deer hunting.

He immediately called their daughter, Danielle, who took LeNoue to the emergency room at Essentia Health-Fargo. She was admitted right away and monitored closely. Initial diagnostic results were normal, but the pressure persisted, even with pain medication.

"The care that I received in the ER was honestly fantastic," said LeNoue. "They explored every avenue and asked me all the right questions, even when the results were inconclusive, before going into something more invasive."

Repeated bloodwork showed her troponin level was rising. Troponin is released into the blood when the cells in your heart are injured – like when your heart isn't getting enough oxygen – and can indicate a heart event. An abnormal echocardiogram, an ultrasound of the heart, quickly prompted an angiogram, a diagnostic procedure that uses X-ray images to look for blockages in the heart's blood vessels. Three blockages were found – one at 80% and two at 40%. Cardiologist Dr. Brian Grondahl placed a stent, a small wire mesh tube, to prop open the artery that was 80% blocked.

LeNoue continues to navigate the recommendations of her cardiac rehab team, which include a change in diet, medication and increased exercise. Her three-month follow-up is this month.

"My father had a heart attack at 48, so I knew of heart issues in my family history, but I didn't realize how much that really played into my health," she explained. "He was a smoker, so I attributed his heart disease to that, but I heard more than once from my doctors that a large part of concern for me was due to heredity."

Diligent in her annual exams and cholesterol checks, LeNoue recalls that outside of occasional chest pressure and hot flashes, which she attributed to being premenopausal, she didn't really have warning signs or symptoms.

"Based on everything we see and hear, it's a pain down your left arm and an excruciating pain in your chest," she said. "That's not what I experienced. It was a pressure, and maybe that's where men and women are so different."

LeNoue has since shared her experience with other women in her life.

"Listen to your body, listen to your gut," she said. "At first, I thought, 'This is nothing,' but maybe I had an angel on my shoulder who was like, 'No,

this is something more serious.'"

Intuition...
Continued on page 2 ...

Will the lack of snow impact farmers this spring?

With warmer weather and less snow than usual, Minnesota farmers are discussing potential impacts to the 2024 planting season.

Jeffrey Strock, a professor at the Southwest Research and Outreach Center in Lamberton, Minnesota, provides expert commentary on what Minnesota farmers can expect this spring.

"We received just nine inches of snow at the Southwest Research and Outreach Center through January 31, compared to last year's 37.4 inches for the same time period. Although this discrepancy might sound alarming, it's more important to focus on the water equivalent of the snow and what the spring warm-up will be like. So far this winter we've received 9.4 inches of rain and snow, more than double last year's 4.6 inches in the same time pe-



Jeffrey Strock, Ph.D.

riod.

In areas of the state that received a decent amount of rain in October, coupled with the rain and snow so far this winter, there should be ample

moisture in the soil this spring. Some areas of southern and southwestern Minnesota received up to 6 inches of rain last October which helped recharge the soil profile to a large degree. In fact, the last measurement on November 15 showed 6.5 inches of available water in the soil profile – about one inch higher than the historic average.

Despite three years of drought conditions, crop yields have met or exceeded expectations. This suggests the crop used the fertilizer in the soil, so under most circumstances, there should be little residual nitrogen to leach away.

Growers have been discussing the possibility of early planting this season. While we don't really know what March and April will bring, it may be possible if the current trend holds. Conditions could be

wonderful for planting small grains, spring wheat and oats. There are constraints on how early farmers can actually plant based on crop insurance. For growers that plant cover crops like rye, this could be a spring where they grow rapidly so management will be important.

Remember we live in Minnesota where we know the weather is fickle. Wait five minutes, things are likely to change."

Jeffrey Strock is a professor in the Department of Soil, Water & Climate and works at the Southwest Research and Outreach Center. His areas of interest include soil hydrology, water quality and fertility. His research and outreach activities focus on soil hydrology, agricultural drainage and nutrient management in agricultural systems.

The rules about leap years

It's widely accepted that a year is 365 days long. However, that statement is not entirely accurate. In fact, it takes Earth a little more than 365 days (365.24223 days to be precise) to orbit the sun.

A calendar cannot accommodate that small distinction every year. In order to ensure that seasons do not start drifting from the difference between the Earth's rotation and the time it takes to get around the sun, leap years were established to keep the calendar

more consistent and working like clockwork. The first modern leap year took place in 1752.

Certain guidelines were established to determine which years would be leap years. A leap year typically arrives every four years. However, in terms of end-of-century years, they must be divisible by 400. That is why the year 2000 was a leap year but 1900 was not, according to Royal Museums Greenwich.

This approach is not an



entirely foolproof plan since there still may be very small discrepancies in time. Leap seconds have been added to

keep time ticking correctly at various points throughout the years. This occurred on December 31 in the years 2005, 2008 and 2012, and also on June 30, 2015.

In terms of adding a day to the calendar for the leap year, it is placed in February, which already is the shortest month. While February is typically 28 days, in leap years the month features 29 days. A leap year next occurs in February 2024, and then again in 2028, 2032 and 2036.



Mrs. Cook's kindergarten class with their Valentine's Day boxes during the celebration at Win-E-Mac School on Wednesday, February 14th.



Mrs. Landsverk's kindergarten class with their Valentine's Day boxes during the celebration at Win-E-Mac School on Wednesday, February 14th.

Individuals who are 60 and older are accustomed to making routine trips to the pharmacy to fill prescriptions.

In fact, the Centers for Disease Control and Prevention notes that roughly 84 percent of adults between the ages of 60 and 79 use one or more prescription medications.

Prescription medications prolong individuals' lives and can make their daily lives more comfortable and manageable. As individuals age, their doctors may recommend various prescriptions, some of which they may need to take long-term.

Managing multiple medications at once can be difficult, as it can be easy to lose track of which medications have been taken when individuals are prescribed more than one. In recognition of that difficulty, the National Institutes of Health offers the following tips to help individuals safely manage multiple medications.

• **Maintain an updated list of all medications you take.** The NIH notes a medication list should include both prescription and over-the-counter medications. OTC medicines include vitamins, supplements and herbal products.

• **Share your medication list with family or close friends.** A medication list should be accessible, and seniors can even share it with close family members, who can then advise medical professionals like EMTs, nurses and emergency room doctors which medicines you are taking in emergency situations when you may not be conscious.

• **Routinely review your medicine list with health care providers** and pharmacists. The NIH recommends individuals discuss their medicines with their physicians during each appointment. Ask if all medicines still need to be taken and if dosages should be changed. When visiting specialists, be sure to provide a list of all medications you are currently taking.

• **Ask questions about newly prescribed medications.** Drug interactions can be dangerous, so it's important to ask if and how any newly prescribed medications may interact with drugs, vitamins or supplements you are already taking.

• **Alert health care providers to any new side effects.** Immediately contact

Intuition..

Continued from page 1

When to seek care

Patients should consider seeing their primary care physician if they are experiencing dizzy spells, shortness of breath or chest pain. Your doctor may refer you to a heart specialist for further testing and treatment.

Risk factors for heart disease include the following:

- A family history of cardiovascular disease.
- High blood pressure.
- Overweight or obesity.
- Sedentary lifestyle.
- Using tobacco products.
- Metabolic disease, diabetes or other illnesses.
- A history of pre-eclampsia, gestational diabetes or having a low-birthweight baby.

Some heart attack symptoms can be different between men and women. Why does it matter? Women may be less likely to seek immediate medical care, which can cause more damage to the heart.

Men may feel pain and numbness in the left arm or side of the chest, but in women, these symptoms may appear on the right side.

Women may feel completely exhausted, drained, dizzy or nauseous.

Women may feel upper back pain that travels into their jaw.

Women may think their stomach pain is the flu, heartburn or an ulcer.

Feeling of fullness.

Pain that travels down one or both arms.

Excessive fatigue or weakness.

Anxiety.

your physician if any new side effects present. The NIH recommends individuals continue to take their medications unless their doctor says otherwise.

• **Use a pill organizer.** A pill organizer makes it easy to manage multiple medications

Activities to strengthen the heart

The heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Intermountain Health says an individual who does not exercise is more than twice as likely to get heart disease as someone who does. UCI Health says heart disease is the No. 1 cause of death worldwide.

Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

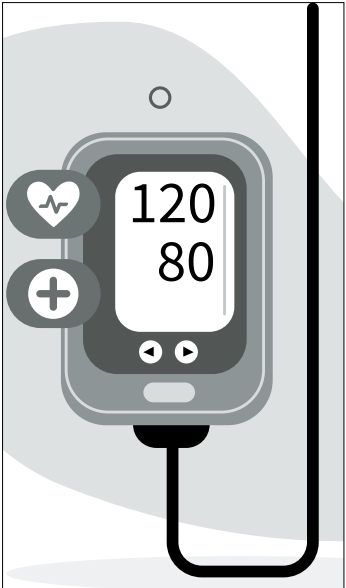
• **Aerobic exercise:** Aerobic exercise raises heart rate and gets the blood pumping throughout the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Also, aerobic exercise can reduce the risk for type 2 diabetes and can help those with diabetes to control blood glucose more readily. Aerobic exercises include brisk walking, running, swimming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.

• **Resistance/weight training:** Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving muscle mass while reducing body fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.

• **Balance and flexibility exercises:** A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of

and can help individuals remember which pills they have taken.

Millions of individuals 60 and older take more than one medicine each day. Some simple strategies can ensure seniors safely manage their medications.



activities will help reduce the risk of falls or injuries to muscles and joints while working out. Inactivity is dangerous for the heart, so ensuring that physical activity can continue is important. Flexibility and balance exercises keep the body limber, and can be incorporated into daily workouts. Stretching, tai chi, yoga, and pilates can be included two or three times a week.

• **Healthy eating:** The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats. Salmon, avocados and olives are some options. Balance these foods with whole grains that are full of fiber, which can help a person feel fuller longer. Fiber also is essential for preventing atherosclerosis, a condition that causes hardening of the arteries.

• **Meditation:** Slowing down, performing deep-breathing exercises and meditation can reduce stress. That, in turn, can help prevent damage to the heart.

Strengthening the heart and maintaining its health involves various activities that can be incorporated into daily routines.

online heart risk assessment. It only takes five minutes and is free.

Essentia Health-Fargo is North Dakota's only accredited Chest Pain Center with Percutaneous Coronary Intervention (PCI) and Resuscitation. This is the American College of Cardiology's (ACC) highest level of accreditation for chest pain centers. Essentia Health-Fargo is a recipient of the ACC's Platinum Award for its heart attack care. This is one of the highest cardiac honors a health care system can achieve, recognizing positive patient outcomes, performance and quality of care.

Essentia Health-Fargo was also awarded the ACC's Transcatheter Valve Certification in 2023, the first to receive this certification for its transcatheter valve aortic replacement (TAVR) program in North Dakota, South Dakota and Minnesota.

NOTICE OF ELECTIONS LESSOR TOWNSHIP

Notice is hereby given to the qualified voters of Lessor Township, County of Polk, State of Minnesota, that the Annual Election of Town Officers and Annual Township Meeting will be held on Tuesday, March 5, 2024. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.

The Election Poll Hours will be open from 4:00 p.m. to 7:00 p.m., at which time the voters will elect:

Town Board Supervisor, three year term
Town Board Treasurer, three year term

The Annual Meeting will commence at 7:00 p.m. to conduct all necessary business prescribed by law. The Annual Election and Meeting will be held at Trinity Lutheran Church, rural McIntosh.

Matt Voxland
Lessor Township Clerk

M45-50C

Notice is hereby given that the City of McIntosh will hold a Public Hearing on March 7, 2024 at 6:30 P.M.

McIntosh Community Center 115 Broadway NW

This will be an informational meeting to discuss the purchase of a new weather siren including economic and environmental impacts, service area, and potential funding sources, including USDA Rural Development. All residents and property owners within the City of McIntosh are encouraged to attend.

M49C

Turn to seafood during Lent

Skipping meat on Fridays is a common sacrifice Christians make during Lent. Meals can still be flavorful even if chicken, beef or pork may be off the table. In fact, Lent makes for an ideal time to embrace delicious vegetarian meals or those that feature seafood.

Salmon is a hearty, flavorful and heart-healthy protein. When glazed in an easy sauce, this "Sweet-and-Sour Baked Salmon" will be the star of mealtime. Enjoy it, courtesy of "30-Minute Meal Prep" (Sourcebooks) by Robin Miller.

Sweet-and-Sour Baked Salmon
Serves 4
8 salmon fillets, about 5 to 6 ounces each
Salt and freshly ground black pepper
1/2 cup 100 percent pineapple juice
2 tablespoons ketchup
2 tablespoons light brown sugar
2 tablespoons rice vinegar, regular or seasoned
2 tablespoons soy sauce
2 teaspoons cornstarch



The first winner of the Valentine's Day Drawing from Neil's Meats & The Hen House Thrift Room is Jessica Quam of McIntosh.



The second winner of the Valentine's Day Drawing from Neil's Meats & The Hen House Thrift Room is Ethel Shimpa of Erskine.

LEGAL NOTICE

NOTICE OF PUBLIC ACCURACY TEST

In compliance with Minnesota Statutes 206.83, a Public Accuracy Test will be conducted on Friday February 23, 2024, at 9:00 A.M. in the Election Room, Polk County Government Center, 612 N. Broadway, Crookston, Minnesota, for the purpose of demonstrating the accuracy of the computer programs and the computers to be used in conjunction with the optical scan voting system implemented in Polk County for the 2024 Presidential Nomination Primary Election. The test will be observed by two election judges, each from a different political party. Interested members of the general public, as well as representatives of political parties, candidates and the press may also observe the Public Accuracy Test.

Samuel W Melbye
Polk County Director of Property Records/Election Administrator

M49C

1/2 teaspoon garlic powder
1/8 ground ginger
Chopped green onions for serving

1. Preheat the oven to 375 F. Coat a shallow baking dish with a thin layer of olive or vegetable oil.

2. Pat the salmon fillets dry and place them in the prepared pan. Season the salmon with salt and black pepper. Set aside.

3. In a small saucepan, whisk together the pineapple juice, ketchup, brown sugar, rice vinegar, soy sauce, cornstarch, garlic, and ginger. Set the pan over medium heat and bring to a simmer. Cook for 2 to 3 minutes, until the sauce thickens, stirring frequently.

4. Spoon the sauce over the salmon.

5. Bake for 10 to 15 minutes, until the salmon is fork tender (a meat thermometer should register 145 F).

6. Reserve half of the salmon for a future meal. Refrigerate up to 3 days.

7. Top the remaining salmon with the green onions, and serve.

Tip: You can make this dish spicy by adding hot sauce or sriracha sauce to the glaze. You can also top the finished dish with crushed red pepper flakes. Also, this thick sauce is versatile, so it can be used on chicken, beef and shellfish.

2023 One Fund Drive results

Hill River Township
Multiple Sclerosis - \$90
Salvation Army - \$150
Diabetic Research - \$170
Heart Fund - \$230
Cancer Fund - \$410
Red Cross - \$180
DAC - \$170
Leukemia Society \$25
DTOM Veteran's Ranch - \$125
MN Medical Foundation - \$25
Samaritan's Purse - \$275
Total: \$1825
Solicitors:
Richard Hendrickson
Sylvia Munter
Leah Smeby
Blake Olson
Chairperson: Betty Syverson



Community
Birthday and
Anniversary
Calendar

Wed. Feb. 21:
Marea Schommer,
Dave Erickson,
Jason Svalen, Laura Evans

Thurs. Feb. 22:
Hayden Rock

Fri. Feb. 23: Matthew kelmer, Shawn Hedlund

Sat. Feb. 24:
Anna Mandt, Kirsten Faldet, Krosby Jore, Tom Laing

Sun. Feb. 25:
Mariah Ogaard

Mon. Feb. 26:
Ashton Anderson

Tues. Feb. 27:
*Jason & Leah Smeby

McIntosh Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

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KIM HEDLUND, EDITOR

McIntosh (218) 563-3585
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"McIntosh Times" (USPS 336-020) is published weekly for \$35.00 per year (in county) and \$45.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9,
McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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NOTICE TO SLETTON TOWNSHIP

Sletten Township will hold its township election on March 12 from 5-8:00 at the town hall. We will vote for one supervisor and one clerk. The annual meeting will follow the election.

M49-50C



ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Wed. Feb. 21: 5:30am Mass; Adoration 12:00-5:00pm

Sun. Feb. 25: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 28: 5:30am Mass; Adoration 12:00-5:00pm

Sun. March 3 : 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Pastor Rene Melberg
Synodical Authorized
Minister Katie DeMarais

Sun. Feb. 25: 10:00am Coffee Hour; 10:30am Worship Services

Sun. March 3: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel: Interim Pastor: Nathan Dalager

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am

Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am

Lutheran Parish YouTube Channel

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church

Sun, Feb. 25: 9:30am Sunday School and Adult Bible Study

Tues, Feb. 27: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Feb. 28: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Lee Laaveg

Sun. Feb. 25: 9:00am Worship

Sun. March 3: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC Erskine Rev. Pam Thorson

Sundays: 9:15am Sunday School; 10:30am Worship

Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

Please contact the McIntosh Times at mcintoshtimes@gmail.com, if you move or have a change in your address so we can keep the paper coming to your home on time.

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M3-28C

Let’s talk crops! session talks about the effects of maturity, planting date and desiccants on soybean yield

On January 31st, Seth Naeve, University of Minnesota Extension soybean agronomist and Anibal Cerrudo, a visiting professor working in Naeve’s lab in the UMN Department of Agronomy and Plant Genetics joined UMN Extension crops educator Liz Stahl for a wide-ranging discussion of pushing soybean maturities to the max. This was the third episode of the 2024 Strategic Farming: Let’s talk crops! webinars in this series.

There are a couple of ways to improve the profitability of farms that produce soybeans, either through reducing the cost per unit of production or increasing yield. As farmers have little control over input prices and world soybean supply and demand or the geopolitical forces that impact all of these factors, the one thing that is more within their control is trying to maximize soybean yield. Drs. Anibal Cerrudo, a visiting professor and agronomist from Argentina working in the UMN Department of Agronomy and Plant

How to master time management

There only are a set number of hours in a day and a lot of demands on personal time. Finding ways to use time more efficiently and effectively is a goal many people aspire to, whether they are business owners, students or anyone in between.

A hectic schedule quickly can get the better of anyone, but there are many individuals who seem to have it all together. It is likely they have figured out how to manage time better. According to Starling Bank’s “2020 Make Business Simple” report, small business owners and solo entrepreneurs spend up to 31 percent of their weekly time sorting finances and doing other administrative work. Learning early on how to more effectively allot time for tasks is one of the key skills a person can learn.

Use a calendar and set reminders

There’s only so much the average person can remember. Putting events into a calendar will provide visual cues as to what needs to get done and when. It also may help illustrate a pattern of when blocks of time are more busy and when there are free moments so that tasks can be redistributed, serving as a time audit of sorts. Reminder functions are a great way to stay on top of things and avoid feeling stressed and rushed when responsibilities are accidentally overlooked.

Learn about the Eisenhower Matrix

The Eisenhower Matrix is a tool that helps people distinguish between tasks that are

Genetics and Seth Naeve, UMN Extension soybean agronomist have teamed up to better understand the effects on soybean yield of pushing soybean relative maturities later, planting date and the use of desiccants to speed harvest maturity. “Soybean planting date, relative maturity and growing season length are all interrelated and can all impact yield”, according to Cerrudo. They are using soybean data from multiple Minnesota locations over multiple years to calibrate and validate a predictive model that will be used to advise farmers of how all of these factors fit together to impact soybean yield.

The months of June through August in Minnesota are when the sun’s radiation and heat are greatest due to the sun’s angle in relation to the northern hemisphere. This period is critical for fueling the soybean plant’s ‘yield factory’ through providing the heat that is used by the plant to increase the rate of chemical reactions that occur in the plant as it marches through developmental mile-

stones. The sun’s radiation is absorbed by chlorophyll, the green pigment in plant cells that facilitates the combination of carbon dioxide and water into sugars (and eventually proteins and oils) that we harvest in seed in fall. This critical time period each growing season tends to coincide with the most yield-critical growth stages in soybean plants, the R4 (full pod) and R6 (a pod at one of the top four nodes with a seed filling the pod cavity) growth stages during which time seed size is determined.

Tackle difficult things first

Leadership expert Brian Tracy developed a productivity method called Eat That Frog. It is good for those who have trouble avoiding distractions or people who tend to procrastinate. The gist is tackling the most complicated or dreaded task first, and only moving on to other things once you’ve “eaten that frog.”

Use the right tools

Certain tools work for some and not for others. While one person may like making paper to-do lists, another may prefer digital devices. Identifying the resources that help a person manage time better can be an asset.

Limit time spent on each task

According to Parkinson’s Law, “work expands to fill the time allotted to complete it.” People should set reasonable limits on how long to give each task; otherwise, they may spend more time than is necessary.

Multitasking is not the answer

Productivity is reduced when individuals multitask, says the American Psychological Association. Sticking to one job at a time puts full attention on that job and may help it get done more quickly and to a better level.

In response to a question from the audience, Naeve admitted that earlier planting can increase yield potential of soybean but answered, “We still see a larger yield response to planting corn first as opposed to soybean, and so I don’t really understand the argument about planting soybeans before corn as it doesn’t make any sense from a yield standpoint. But if people really want to justify planting soybeans before corn, soybean is a cheaper crop to have to replant than corn.”

The benefit to attending these webinars live is that the presenters answer many audience questions regarding planting date, seeding rate, soybean relative maturity and the use of desiccants to force harvest maturity. For those that missed this session, it is now available to view on YouTube at: https://youtu.be/NL_yF2CumlQ. For more information and to register to attend other weekly session through the end of March, visit <https://z.umn.edu/strategic-farming>.



During Kid's night at the Patriot boys basketball game last Tuesday evening, Cameron Bergman, Justin Courneya, Ryan Kangas, and Braylon Hamre sign team pictures for those in attendance, including Emma Kaupang.



The Suzy and Hondo School of Dance is at Ventures Bar & Grill in Fosston each Thursday in February, teaching a fun and creative dance class to quite a crowd. There were about 40 dancers who attended last Thursday's dance class where the attendees learned to two-step, and more.



Shaking off the winter doldrums, literally, there were many Fosston community members, as well as many people who traveled from nearby communities to learn some new dance moves during the recent dance class held at Venture's Bar & Grill in Fosston.

Notice to Voters

March 5, 2024

Presidential Nomination Primary



Review the information below to learn about upcoming elections.

Access Your Sample Ballot	Find Your Polling Place	Additional Election Information
Your official ballot will have the names of all candidates for your precinct. To see a list of the names of candidates and questions that will be on the ballot for your precinct visit: mnvotes.gov/myballot You may also be able to view your sample ballot online by scanning:  You may request to have a free copy of your sample ballot mailed to you.	Election Day is Tuesday, March 5. You can find your Election Day Polling Place by visiting: mnvotes.gov/pollfinder Voting Before Election Day You can vote early with an absentee ballot starting Friday, Jan 19. You can vote early by mail, in person, or from the military or abroad. Learn more by scanning: 	Most Election Day Polling Places are open 7am to 8pm. You may live in a precinct where a ballot is mailed to you as a mail ballot voter. If voting by mail, return your ballot no later than 8pm on Election Day. Election results will be available starting after 8pm on Election Day at: www.mnvotes.org Check to see if you are pre-registered to vote by scanning: 

Contact Your Local Election Official

Your county election official:

- Can mail you a sample ballot for free
- Keeps your voter registration record
- Handles other parts of the voting process

Polk County Elections
612 N Broadway Ste 207
Crookston MN 56716
218-281-2554
<https://www.co.polk.mn.us/elections@co.polk.mn.us>

M49C