

A snowy day for ice fishing

The New Market Sportsman's Club drew between 300 to 400 hardy people for its annual Ice Fishing Contest on Sunday, Feb. 10, at Carl's Lake. Organizers believe that about 5 inches of snow that fell throughout the day caused a drop in the number of people who attended. The snow created

slick conditions on the roads. Despite the weather, the contest, in its 37th year, had families attending as parents and their children tried their luck at landing a fish or two. Among those who brought in a fish was Eric Penney of Lakeville and his son Nathan, who caught a Northern. Brothers Brady and

Isaac Picka of New Prague were having more fun piling up the snow in their area and building with it. Besides fishing there were also snacks available, prizes from area businesses were being drawn and the sportsman's club were having drawing for fishing rods that went to children.



Patrick Fisher Photo

Josie Toth, left, daughter of Patrick Toth of New Prague, was among those who won a fishing rod during drawings held by the New Market Sportsman's Club.



Patrick Fisher Photo

Sisters Lucy, left, and Cece White of Elko New Market and Ben Baker of Eagan were trying their luck at catching a fish during the New Market Sportsman's Club Ice Fishing Contest on Sunday, Feb. 10, at Carl's Lake.

MnDOT reminds public not to push snow on to roads

The Minnesota Department of Transportation reminds the public that it is illegal to deposit snow on or next to a public highway or street.

"Placing snow on or near a public road creates hazards, including drainage problems, drifting, sight obstruction and unsafe access," said Jed Falgren, MnDOT operations manager. "Keep crosswalks, intersections, entrances and exits clean and unobstructed."

Minnesota law and many

local ordinances prohibit the plowing, blowing, shoveling or otherwise placing of snow on to public roads. This includes the ditch and right of way area along the roads.

Violations are considered misdemeanors, but civil penalties also apply if the placement of snow creates a hazard, such as a slippery area, frozen rut or bump, that contributes to a motor vehicle or pedestrian crash. The civil liability can extend to both the property owner and the person who placed the

snow. MnDOT maintenance crews plow and maintain about 12,000 miles of state highways and interstates in Minnesota.

For tips on safe winter driving, go to www.mndot.gov/work-zone/winter.html.

For real-time traffic and travel information in Minnesota, visit www.511mn.org or get the free smartphone app at Google Play or the App Store.

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Healthy Lifestyle

Mayo Clinic Health System offers heart-healthy tips for American Heart Month

Positive lifestyle changes can improve the health of your heart starting today

February is American Heart Month. It's also the month many of us start to lose steam on our New Year's resolutions to live a healthier lifestyle.

But with heart disease being the No. 1 killer of men and women, according to The Centers for Disease Control and Prevention (CDC), making healthier lifestyle changes now can mean living a longer life.

"About 610,000 people die of heart disease in the United States every year, which is about one in four deaths," said Marty Herrmann, M.D., Mayo Clinic Health System in New Prague medical director. "However,



Marty Herrmann, M.D.

making healthy changes now can help prevent many forms of heart disease."

Mayo Clinic Health System experts recommend starting with the following steps to improve heart health:

- **Eat five servings of fruits and vegetables a day.** Make a conscious effort to include more fruits and vegetables in your meals. Don't worry so much about the foods you shouldn't eat. Just work on getting five or more servings of fruits and vegetables a day.
- **Add at least 10 minutes of moderately intense physical activity to your day.** You don't need to do an elaborate workout. Take the stairs. Take a walk. Just get moving.
- **Try to get eight hours of good, quality sleep each night.** Quality sleep is good for your heart. Even though each person's sleep

needs vary, eight hours is a good amount to shoot for.

• **Quit smoking, or if you're not a smoker, don't ever start.**

Smoking damages blood vessels and increases your risk of heart attack and artery disease.

• **Manage other health conditions.**


Managing your current health issues like diabetes, high blood pressure and high cholesterol helps lower your susceptibility to heart problems.

• **Control and reduce stress.** High stress that goes unaddressed can lead to artery damage and exacerbation of other heart disease risk factors. Work to take care

of stressors by meditating, exercising or speaking with your health care team.

If you have questions or concerns about your heart health, talk to your health care team. Call 952-758-4435 to schedule an appointment at Mayo Clinic Health System in New Prague, and visit mayoclinichealthsystem.org for more information.





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