

WINTER 2023

CONSTANT CHANGE REQUIRES REVIEW AND ADAPTATION



Sean Slowinski, CEO

Change is constant on the farm and at the co-op. Dealing with change requires that we consistently review what we are doing and how we do it.

Increased interest in corn production in our region is just one such pending change.

Shorter season, better yielding hybrids are encouraging Legacy Cooperative members to consider planting more acres to corn. That is a change that affects their operation, but also how the co-op operates, as well as where and how we invest in facilities.

If a member owner plants 300 acres to corn, do they have a dryer? Will they have on-farm storage available? What additional services will they expect from Legacy Cooperative?

Member/owners are asking board members and elevator managers if we can handle more corn. We are asking ourselves if more corn is planted, what type of investments are needed to handle it? Building anything tangible takes 18 months to build, so new storage won't happen overnight. We know we can't build a bin and dryer at every location. If at one location, where and how big? Will the crop go to market by road or by rail?

We are still seeking answers to these questions, but the potential for increased corn acres is on our radar. As we find answers, we will adapt. It is what we do.

In recent years, we reviewed and adapted to changes in how member/owners plant and harvest crops. As the rate of acres planted and harvested per day has increased, we have upgraded and expanded facilities and labor. We continually move more inputs out and grain in faster and more efficiently, but not without stress. It is a never-ending process and one we are always fine-tuning as we try to be mindful of member needs.

Sometimes one improvement provides an opportunity for another. When we added the blending tower at Rolla, we no longer needed to dedicate floor space to the floor blender. That space will soon hold two 120-ton micronutrient bins. No longer will we head into spring with 1,000-ton bins tied up with a few hundred tons of micronutrients.

Although not noticeable from the outside, concrete and carpentry work are finished. We still have work to do on spouting to fill the bins. The important thing for member/owners is more space will be available for phosphate and urea without sacrificing micronutrient availability.

Unfortunately, not all changes are win-win. In late June, a decision was made to add a storm sewer to the design of the new Rolla C-store. It will ensure that rain, as well as snow and ice melt water, will drain away from the store gutters as well as the canopies over the pumps. The store will also have a heated sidewalk in front of it.

Both improvements will help prevent the situation that occurred at our Dunseith store this past winter when an ice sheet developed and a patron took a tumble. Several years ago, a similar problem with ice occurred at the Cando store. It resulted in a lawsuit that was settled out of court by our insurance company. A storm sewer will help mitigate such problems.

We want to keep our customers and member/owners safe; however, the additional construction will delay our planned opening. We are replacing a 60-year-old store. We want to make sure the new store is done right so we have a facility that stands the test of time.

Speaking of our C-stores, as part of our petroleum branding agreement with Cenex, they use a "rent-a-shopper" to evaluate our stores. This is a mystery shopper, who inspects for cleanliness, Cenex gift card displays and proper fuel dispenser labeling.

This year, all our stores did very well, but our Dunseith store scored 100 percent. This makes them one of the top stores in the Cenex branded system. We are proud of all our stores, but hats off to Jean and her team who went the extra mile. It's not the first time one of our stores has scored 100 percent. With our terrific staffs, we are confident that it won't be the last.

One of the areas where change is constant in any organization the size of Legacy Cooperative is staff turnover.

Cont. from page 1

We have had a significant number of retirements in the past year, as well as a few who have moved on. This is both a loss, but also an opportunity to bring in good people who will pick up the load and provide great service to member/owners for years to come.

The challenge is recruiting and attracting those people to northern North Dakota, and that is no small challenge. Luckily for us, we have found several new employees from the area. Finding more is a continuing challenge.

When Brandt Lemer left, it created an opportunity for an existing employee to move up and to add a new employee. Brandt had served as an agronomist and seed salesman at Bisbee, as well as Legacy Cooperative Seed Manager.

Trevor Darling, our Cando agronomy and energy location manager, has added

the role of seed manager. At Bisbee, we hired Ashton Guthrie as agronomist and seed salesperson. She is quickly gaining the skills she needs to service member/owner needs.



Chris Klier

On the propane side, Chris Klier started earlier this year as a propane driver at Cando. When the fuels driver quit Chris took on both roles. He

put in some long days this past harvest, keeping dryers supplied with propane and keeping tractors and combines fueled up.

When we have a good employee, we do what we can to keep them. That was the case with Bisbee terminal staffer Chris Poitra. He hoped to find work closer to his home near Rolla. We needed a propane technician in that area and offered the position

to Chris. He also will be selling and installing tank monitors.

We will continue reviewing and adapting to changing needs of member/owners as well as our employees. New service opportunities may present themselves, while others need to be reconsidered. Our employees need a CDL with a Hazmat endorsement to deliver anhydrous tanks. With farmer exemptions, even a 16-year-old son or daughter can pull them down the road. Does it make more sense for member/owners to handle transit?

As we identify services we are best suited to deliver, there will be some we may have to drop. It is why we will no longer be servicing tractors at Rolette. We can't get the technology needed to work on newer tractors.

Review and adapt. It is how we will continue meeting your needs effectively and efficiently with the people, skills and assets of Legacy Cooperative.

VIEW FROM THE BOARD



Jeff Teubner

What do you need from Legacy Cooperative? What are the inputs and services that you depend on?

As member/owners, we need to be communicating our needs to the area of the business we are dealing with. That means sharing our business plans as early as we can. We get used to taking it for granted that Legacy Cooperative will have what we need, when we need it, whether a product or service.

The Board and management are constantly reviewing services being offered. It is a challenge to find the right mix for where to invest. We look for trends and try to project out five or ten years when investing in facilities and services.

In some areas we may see less need; in others more. Sometimes it is hard to guess.

Expanded corn acres is a trend we are watching closely. They are quite likely to increase as land prices have gone up and higher value crops are needed.

One of the things pushing corn north are varieties better suited to our climate. It isn't long ago we thought 100 bushels per acre was a great crop. Now it would be disappointing.

We have to figure out how we will service those increased acres and deal with the extra bushels. More bushels are good for the co-op, but they are a challenge as well.

Over the 12 years I've been on the board, we have made tremendous investments in assets, both grain and fertilizer. They have allowed us to be a consistent provider of services and

inputs such as fertilizer.

This was clear this fall with the wet canola harvested. Most member/owners don't have a way of drying or aerating canola in the bin. Thanks to a major investment in the Wales facility, the co-op was able to take in more wet canola this year than ever before. The value back to member/owners was tremendous.

Thankfully, we made those investments. We know we will never get to the spot where we are done investing. We need to be prepared for the changes ahead. However, we have limited resources, whether money, people or time.

We need you to communicate your plans and needs. That is as true of the fertilizer needed next spring as it is of your long-range crop mix plans. Planning and communicating those plans will help ensure Legacy Cooperative has what you need when you need it.

WORKING TOGETHER AS A TEAM WILL GET THE JOB DONE, BUT IT TAKES EVERYONE

"There was a lot of pressure on everyone this fall," says Joe Kremer, Legacy Cooperative Agronomy Manager. "We were hauling grain, fertilizer and anhydrous tanks all at the same time this fall. It's not common for it to hit all at once."

Uncommon or not, Kremer appreciates the co-op staff for stepping up and getting the job done. It started in early August with agronomy staff working together with elevator staff. It continued into November with fertilizer application while harvest wrapped up. Kremer notes that teamwork is a co-op wide effort.

"We are continually finding ways to work closer as a team," he says. "We use individual talents, but focus on working as a team and not what is in front of us as individuals."

It is a philosophy that, he argues, needs to include member/owners. "Legacy Cooperative member/owners are important members of the team too," says Kremer. "When they plan ahead a little and do things for themselves, like pick up fertilizer, it reduces a lot of stress on our staff."

"It is the difference in telling us in advance how they want work billed, instead of coming in after the fact and asking us to bill this to one son and this to another," explains Kremer. "We really appreciate those who realize we are here to service all the member/owner needs, not just theirs."

Part of being a member of the team is to temper expectations, he adds. "This fall, we got a lot of anhydrous ammonia out the door, but it was very tight," recalls Kremer. "We had the product, but you can only pump it so fast, and we only have so many trucks to haul it in. Nothing can be done about it. Everyone needs to



Legacy Cooperative fertilizer bins will be full to overflowing by spring, but whether there is enough to meet demand will depend on member/owners booking what they need.

slow down and take a breath."

Kremer points to the importance of member/owners planning for their anhydrous needs. "Had they not booked it when they did, we wouldn't have had any," he says. "At some point if they don't buy it, we won't be able to load up. That almost happened last spring."

Kremer is referring to orders for 10,000 tons of fertilizer that came in a month after the April 1st deadline. The situation was made worse when a shuttle train of fertilizer failed to arrive.

"Our team went into overdrive," recalls Kremer. "It wasn't just agronomy staff. We had anyone with a CDL trucking fertilizer in from all over North Dakota and Minnesota."

"We pulled off a miracle, but we shouldn't have to pull off the impossible because people don't want to plan

ahead," he says. "It won't continue to work that way. We need our member/owners to be on the team, to plan ahead, or they will run the risk that we won't have what they need."

Kremer credits the agronomy staff and the members of other departments for helping pull off that miracle. Everyone also pulled together this past fall, he adds.

"We were stretched as thin as we could possibly be stretched this fall," says Kremer. Now we have five to six months to regroup and review our staffing and what we can realistically do."

He explains that reality may require reconsidering what services continue to be offered. "We continue to find good people, but we are always shorthanded," says Kremer. "If labor is limited, there may be things like anhydrous tank delivery that member owners will have to take on."

When it comes to getting new employees up to speed, Kremer hopes that member/owners will be team players. "Our experienced employees are sharing their knowledge with them," he says. "We need our member/owners to do so as well."

The key, emphasizes Kremer, is to have patience and communicate. "Visit with our employees and share your operation with them," he explains. "They want to know about you, what you expect from them and what you need, so they have it when you want it."

Kremer points out the same is true with every agronomy advisor old and new. "If you aren't communicating your expectations, we don't know what they are," he says. "Plan with us and make our spring and yours a lot better!"

WORK WITH LEGACY COOPERATIVE GRAIN MERCHANDISERS AND CATCH THE RALLIES

A rally in soybean prices in mid-November was a perfect example of the value of having a plan in place, explains Brooks Larson, Legacy Cooperative Grain Merchandiser. Hot and dry weather in northern Brazil, combined with cool, wet weather in the south, raised concerns in the market.

"Soybeans rallied a dollar plus and pulled other commodities up with them," says Larson. "When rains were forecast for the north, markets settled back down. We filled a lot of orders for our growers at \$7 Spring Wheat and \$13 Soybeans. It definitely paid to have a plan in place.

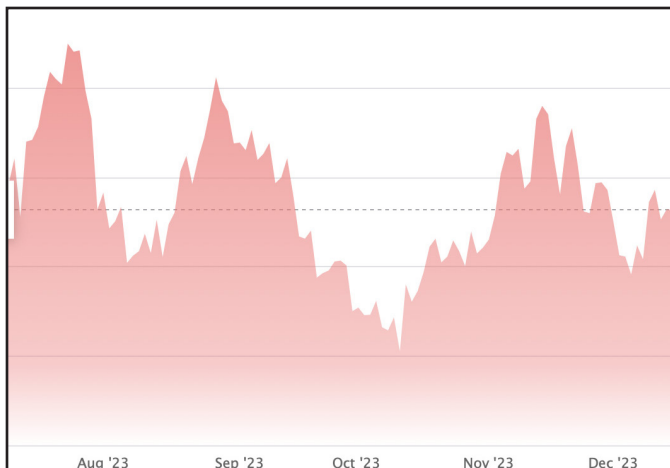
While Larson can't predict specific rallies, he can predict that rallies will happen... at some point. Working with your Legacy Cooperative grain merchandiser can help you catch the next rally.

Larson points to the many unknowns in the market. China is buying U.S. soybeans, but as of November 1st, they were still 25 percent behind last year's exports pace. A week later, China surprised the market when they bought 110 million bushels. Within a week, they added 7.5 million bushels, and the markets reacted.

"South America had such a big crop last year that they have been competitive with us right through harvest," says Larson. "Usually, they are out of soybeans by the time we get to harvest. South America's impact on our markets will continue to grow."

South American farmers continue to till up more rangeland every year and convert it to cropland. As South America's impact grows, so will fluctuations related to their weather and productivity.

Weather and productivity produced



This chart captures rallies in the March 2024 soybean contract over the past six months. Legacy Cooperative grain merchandisers can help member/owners catch rallies through a variety of grain marketing tools.

unexpected fluctuations in the U.S. this past season. Wheat and canola yields surprised everyone, notes Larson. "USDA reports keep bumping production up," he says. "Canadian production is expected to be up as well, which is keeping a lid on markets. Our trucks have been moving canola as fast as possible. We have a lot sold for November and December, hopefully with no issues."

One potential issue could come with not managing canola in the bin. With the amount of wet canola harvested this year, running fans and coring bins is more important than ever.

"Be sure to keep a close eye on your canola bins this year," says Larson. "It is difficult to keep in condition at 8 percent moisture and way harder at 12 percent."

Larson notes that wet canola has added more stress to what was already a stressful harvest for Legacy Cooperative staff. A lot of soybeans and wheat went through the dryer. Checking canola and running fans added to the workload.

"I can't express my respect enough for our employees," he says. "We have gotten

better at working across divisions, with grain and energy helping agronomy in the spring and agronomy and energy helping grain at harvest. Hats off to the Agronomy and Energy divisions for helping out earlier this fall and again later as they helped pick up our soybean pile."

Even though soybean yields were down 20 to 30 percent, the concrete pad at Bisbee continued to prove its value. At around 350,000 bushels, the pile this year was about one third the size of last year's pile.

"We wouldn't have had any on the pad this year if a train had arrived two or three days earlier, as scheduled," says Larson. "Trains kept grain flowing this fall with four wheat and a soybean train in September, three in October and two soybean trains and a wheat train in November."

Two wheat trains and a soybean train are scheduled for December in preparation for grain moving in from farm bins.

"We need to have space available," says Larson. "A lot of our member/owners want to core bins and are asking about hauling in wheat and canola."

Increased corn acres are another storage challenge facing Legacy Cooperative, notes Larson. "The Cando elevator handled more corn than usual, and the Bisbee terminal handled some corn this year as well" he says. "Corn acres fluctuate year to year, but it seems to be getting more popular in our area". We will have to adapt to it and figure out how to handle the larger number of corn bushels in the future."

RETURN ON INVESTMENTS CLEAR AT HARVEST AND AFTER

Legacy Cooperative member/owners have financed major investments in facilities and equipment in recent years. The return this past fall was clear. That was true at the Bisbee terminal and at local elevators throughout the Legacy Cooperative trade territory. Even with the improvements, the season proved challenging. Without them, it would have been worse.

"Expanded storage, new legs and automated sampling were a big help, but space management was still a big challenge," says David Berginski, Legacy Cooperative Operations Manager. "Going into harvest, we were confident we had the space we needed."

Then the bigger than expected crop filled up local elevators and the storage at Bisbee. "Some people had to wait as we made room, but I think we did pretty well handling it," recalls Berginski.

Canola became a challenge of its own. Acres were down, but the crop outperformed expectations. While it generally is a crop that you don't want to shuttle, it was shuttled this fall. One reason was the amount of wet canola that came in. Some locations are equipped with multiple bins for canola so they could segregate wet and dry.

"If a location had wet canola come in, they had to babysit it," says Berginski. "If they didn't, they could lose it fast."

With seven bins for canola, Bisbee could handle it wet; however, Rolette and Overly could only handle a small amount of wet, as could most others.

"We moved it from Overly to Egeland and Bisbee to Wales to make room where room was needed," he says.

Canola handling was further complicated due to the "new" status of the 140,000-bushel bin at Wales.



Canola storage at Wales helped Legacy Cooperative flex with member/owner needs this fall. Additional new storage came online slowly this fall, but will provide a return on investment for years to come.

Berginski explains that it had to be filled in quarter capacity increments, then checked with a laser level to verify the fresh concrete was settling evenly.

"We couldn't just fill it," says Berginski. "Now that we have, we can shuttle canola from there to Hallock. Because it is closer than Bisbee, we can make two round trips a day versus one."

Canola wasn't the only crop that required extra labor this fall. "We dried a fair amount of wet wheat and began taking wet soybeans at the same time," says Berginski. "One location had wet soybeans and wet corn coming in. We kept the dryers running steady, with the ones at Bisbee running all night twice just to get caught up."

Outgoing trains helped keep space available, but not by much. "When a train takes out 430,000 bushels and member/owners dump half a million bushels a day, as they did several times this fall, it is hard to keep up," says Berginski. "The last time we had to pile wheat on the ground, we got 10 inches of wet snow on it, and it was a mess. We haven't done it since and hope we don't have to."

By the time harvest ended, most locations were full of wheat and

soybeans. For a short time, there were soybeans on the pad at Bisbee. With all the shuttling between locations and crops that needed to be dried or aerated, Berginski counts the season as a success.

"We were able to keep everything flowing in," he says. "The elevator staff were phenomenal. We were always able to work through problems and make sure member/owners were taken care of."

While trains will continue to come and go, the operations crew is moving into maintenance mode. "We are double checking equipment and facilities and looking for changes or repairs needed before the next busy season," says Berginski.



Legacy Cooperative crews pulled several all-nighters drying grain at Bisbee, in an attempt to stay ahead of incoming grain. Wet grain added to the stress of a long harvest.

One big change is the adoption of an electronic logging system that will track hours for motors, gearboxes and other moving components. Repairs and maintenance will be logged and the data used to evaluate equipment for possible replacement.

"We will introduce it at Bisbee and eventually branch it out co-op wide," says Berginski. "It will also maintain an inventory of spare parts and their locations. It's an investment that will save our millwright time making repairs and save the co-op money."

PROPANE AND FUEL TANK MONITORS NOW AVAILABLE; MORE CHANGES COMING

Change is in the air when it comes to the energy division at Legacy Cooperative. A new position created at Rolla is helping member/owners upgrade propane and fuel tanks with app-friendly monitors. Work continues on the new store at Rolla, and the Rolette service station will no longer be offering tractor repair.



Contact Chris Poitra about installing remote monitors on propane and fuel tanks to help ensure they don't run empty.

"Earlier this year, we hired Chris Poitra for a new position at Rolla," says John Lovcik, Legacy Cooperative Energy Manager. "He installs propane tanks and services them in the Rolla area, but he also installs remote tank monitors across our entire territory."

Poitra reports a good response to the monitor promotion. "Once I set up the monitor, the member/owner can download an app to check the tank's status remotely," he says. "It benefits them, and if they choose the Keep Filled option, it saves wear and tear on equipment and drivers. We can schedule deliveries more efficiently without backtracking."

The monitors for diesel and gas tanks cost \$120 installed, plus a \$50 annual service fee. Propane tank monitors run \$89 installed and have a \$49 annual service fee.

"All monitors have a seven-year warranty," says Poitra. "If anything goes wrong, I will repair or replace it under the warranty."

Poitra is an example of the co-op doing what is needed to keep a good employee. Previously, he was working at the Bisbee terminal. Living in Rolla meant a 40-mile drive twice a day.

"Chris shared his desire to be based closer to home," says Lovcik. "We needed

a person in his current position at Rolla, and he was a good fit."

"I really appreciated John and my former supervisor Dave Berginski working it out so I can stay with Legacy Cooperative," says Poitra. "I now have a seven-minute drive most days, which will be appreciated even more after I get married in June."

Additional work at the new store site at Rolla will delay the planned opening into late spring or early summer. Recognition that without a storm sewer drain in the concrete pad, heavy rain, snow and ice melt could create dangerous conditions for customers.

"The additional excavation work pushed concrete work into the spring," says Lovcik. "With the money being invested in this project, we are shooting for quality, not quick."

Rapidly changing technology has forced a change at the Rolette service station. Tractor repair will no longer be offered. We thank Errol Gilje for his service to all the patrons' needs over the years. Other automotive services and repairs will continue to be offered.

"We weren't set up with the equipment or the expertise needed with newer model tractors," says Lovcik. "As the number of newer tractors with their highly technical control systems have increased, they have surpassed the scope of work we were providing."

Most changes seen at Legacy Cooperative stores and stations are seasonal. The Rolette and Rolla stores have Christmas gift ideas on the shelves, and Rolette has Christmas decorations. All Cenex branded stations have gift cards available, and the Cando C-store has stocked up on ice fishing gear.

"Member/owners have lots of choices for hot meals to help stay warm," says Lovcik. "Rolla has daily dinner specials in



Don't miss out on hot meal specials at Legacy Cooperative stores, like smothered burritos at Cando on Wednesdays.

the deli, as well as breakfast to order, including omelets. There are daily soup specials at Cando, as well as smothered burritos on Wednesday. Dunseith features a Taco Tuesday and Friday Chili. They also added a new line of apple bites for dessert lovers."

Lovcik reminds member/owners that the shops at Rock Lake, Bisbee, Rolla and Rolette are also stocked up for winter weather. "We have snow tires, batteries, gloves, shovels, ice melt and more," he says. "Stop in and visit with our technicians and see what winterizing might be needed."

This is also a good time to lock in fuel costs for the coming spring, notes Lovcik. He points out that December and January are typically the lowest prices for the coming year.

"A year ago, diesel was around \$3.10 in December and rose to the \$3.50 range by April and May," says Lovcik. "Our spring fuel contracts are now running around \$3.00 for transport loads. With prices of \$3.39 at the pump, this is a good time to fill your tank now or contract for future fills."

Lovcik points out that prices can get wild fast, as they did this fall. "Prices fell about 50 cents," he says. "Why not lock in your costs so you don't have to worry about outside stresses on the fuel market?"

LOCK IN SEED ORDERS BY PREPAY DAY, JANUARY 10, FOR BEST DEALS ON SOYBEANS, WHEAT AND CORN

Overall seed availability is better than it has been in several years, according to Trevor Darling, Legacy Cooperative Seed Manager. Darling is new to the title, but not to the job of advising member/

owners on variety selection.

For the past four years, he has been the Cando location agronomy and energy manager. He added the new title when Brandt Lemer left to become

the Asgrow/Dekalb seed representative, with Legacy Cooperative his biggest customer. Darling isn't concerned about the additional responsibility.

"I was in sales with CHS before I came to Legacy Cooperative," says Darling. "Legacy had a great reputation, and I can't say enough about the staff, full-time

and seasonal. Joe Kremer is hands on and available. If I'm short a floater operator in the spring, Sean Slowinski is likely to show up the next day to run one."

Darling notes that sales staff, new and old, hit the ground running as harvest was wrapping up. November and December are typically the biggest months for seed sales. Staff went from pulling anhydrous tanks one day to selling seed the next...or perhaps all in the same day. In the case of InVigor canola seed, there was no time to waste.

"We were encouraging member/owners to talk to their salesperson and get their canola booked by the end of November," says Darling. "Overall availability of soybeans, wheat and corn is good. This year we've seen a near complete transition to Xtend Flex soybeans with the exception of some very early maturing varieties."

Darling expects 80 percent of soybean varieties to be Xtend Flex this year, reaching 100 percent within two years. "Yields have been equal to or better than the old Xtend varieties," he says.

There are not a lot of new corn

hybrids this year, according to Darling. However, there is a new Enlist herbicide tolerant trait. One new hybrid with the PowerCore Enlist trait is 2478, a 78-day hybrid from Proseed. "It can go anywhere, yields with later hybrids and has good drydown," says Darling,

The trend to certified wheat seed continues, reports Darling. "We definitely have superior genetics versus bin run," he says. "With proper care, we see a difference in yield."

Darling credits the Cando staff, as well as agronomy location managers and sales staff, with giving him the support needed with his new position. "They make my job easy," he says. "The location staff know what works in their areas, and we work with the different seed companies to get the seed allocations they need."

Darling also is enthusiastic about some new additions to the Legacy Cooperative seed sales staff, "They are doing phenomenal work, learning their territories and asking good questions," he says. "Our more seasoned staff are really helping the new ones, and they are catching on quick."



Trevor Darling has added Legacy Cooperative Seed Manager to his existing duties at the Cando location.

MOVING IN AND MOVING UP WITH LEGACY COOPERATIVE

There are always new faces to be seen at Legacy Cooperative, as well as new titles for familiar faces. Here are two that moved in and moved up.



Bryce Leonard started as an applicator about three and a half years ago. This fall he moved into the location manager and agronomist/agronomy sales position at Rolette. Originally from Rolette, he grew up on a crops and cattle farm.

"My co-workers are a favorite part of being with Legacy Cooperative," says Leonard. "I like working with local member/owners as their agronomist, many of whom I already knew."



Ashton Guthrie joined Legacy Cooperative as an agronomist and seed salesperson at Bisbee this fall. She had worked with an area cattle operation for the past 9 1/2 years.

"I make it known that I'm on a learning curve, but that I'm not afraid to ask the questions needed to get the answers they are looking for," says Guthrie. "I really like my growers. They seem great."

Guthrie describes her learning curve being like going back to school. That includes visiting regularly with her supervisor, Joe Kremer, who she describes as a wealth of knowledge.

"I really like Legacy Cooperative and that we are farmer owned," she says. "I like that they support the co-op, and we support them."



PO Box 8
Bisbee, ND 58317-0008

PRSRT STD
U.S. Postage
Paid
Permit No. 3
Bisbee, ND

DON'T GET STUCK IN A DITCH OR A DEPRESSION

Along with white-out conditions and below zero temperatures, watch out for seasonal depression. Beautiful snowy landscapes can be breathtaking, but gray days with ever-blowing wind can down anyone's mood, warns Stephanie LeVeque, Legacy Cooperative Assistant Safety and Compliance Manager.

"We are North Dakotans and are used to winter weather," says LeVeque.

"However, we can still find ourselves in trouble, be it stuck in a ditch, falling on ice, feeling the winter blues or seasonal depression."

Noting that mental safety is as important as physical safety, she offers some suggestions for dealing with depression.

"Take a moment to soak in the sunlight when you can or consider investing in a light therapy lamp for those not so pleasant, dark days," suggests LeVeque. "Get some exercise. Take a brisk walk, inside or out. Get the body moving and stretch the muscles. Release 'feel good' chemicals like endorphins and serotonin."

LeVeque recommends depression-fighting vitamins like Vitamin D and folic acid. While they can be taken as supplements, she prefers to get them through food. "Milk, eggs, fish, dark leafy vegetables, beans, peanuts, seeds, whole grains, fresh fruits and juices are all good sources," she says. "If you don't like eating vegetables, blend them into tomato sauce for your spaghetti. You'll

never notice."

The holidays are thought of as a time of joy, but not everyone finds joy in them, points out LeVeque. "Being seasonally depressed is surprisingly common," she says. "Set boundaries for others, make a list of things you need to do. Prioritize yourself. Take a break. Lie down on a couch. Read that book you like."

LeVeque emphasizes how important those breaks are for a "feel good" boost. It can help keep you going till the next break, she adds.

"Keep in mind that none of this is a replacement for getting the proper care and help you need from a professional," emphasizes LeVeque.

**GET THIS NEWSLETTER AND THE LATEST UPDATES FROM AGRONOMY, GRAIN, SEED OR ENERGY DIGITALLY.
GET THE INFORMATION YOU NEED WHEN YOU NEED IT. GIVE US A CALL AT 701-656-3263.**