

ANOKA  
COUNTY,  
MINNESOTA



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GUIDE

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Senior housing for people on limited incomes
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**Crest View**





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# LOCAL AREA EVENTS

## JANUARY

Snowflake Days | Coon Rapids  
Sno-Ball Dance | Coon Rapids  
Winterfest | Fridley

## FEBRUARY

North Metro Home & Garden Show  
| Blaine  
Taste of Blaine  
Ham Lake Snowbowl  
Valentine Luncheon | Spring Lake Park

## MARCH

Spring Egg Hunt | Blaine

## APRIL

Business Expo | St. Francis  
Business Expo | Ramsey  
Environmental Expo | Ramsey

## MAY

Anoka Classic Car Show | Anoka  
Diva Days | Anoka  
National Sports Center Soccer Tourn.  
| Blaine  
Baseball Night | Coon Rapids  
Recycle Day | Ramsey

## JUNE

St. Stephens Summerfest | Anoka  
USA Boys International Hockey Tourn. |  
Blaine  
Columbia Heights Parade  
49er Days | Fridley  
Sunday in the Park Car Show | Spring Lake  
Park  
Tower Days | Spring Lake Park  
Pioneer Days | St. Francis

## JULY

Family Fun Fest | Andover  
Anoka County Fair | Anoka  
Riverfest & Craft Fair | Anoka  
Family Fun Night | Blaine  
Schwan's USA Cup Soccer Tourn. | Blaine  
Booster Day | East Bethel  
St. Francis Golf Tourn.

## AUGUST

USA Girls International Hockey Tourn. | Blaine  
3M Championship | Blaine  
Fete des Lacs | Centerville  
Ham Lake Open Golf Classic  
Night to Unite | Ramsey  
Ramsey City Appreciation Day

## SEPTEMBER

Fall Fest | Columbus  
Happy Days Festival | Ramsey  
Family Hayride & Cookout | Spring Lake Park

## OCTOBER

Anoka Halloween  
Halloween Gray Ghost 5K Run & Walk |  
Anoka  
Octoberfest | St. Francis  
Harvest Festival | Spring Lake Park

## NOVEMBER

Santa Breakfast | Spring Lake Park  
Turkey Shoot | Spring Lake Park

## DECEMBER

Christmas Tree Lighting | Anoka  
A Hometown Holiday | Anoka  
St. Francis Lighting of the Park

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**K-8**

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**9-12**

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**8:00 AM to 11:00 AM**

**9250 Lincoln St NE, Blaine MN 55434**

# RESIDENTIAL SERVICES

Administration .....	(763) 323-5700
Attorney .....	323-5586
Community Development .....	323-5709
Court Administration .....	422-7350
<b>Emergency .....</b>	<b>911</b>
Facilities Management .....	323-5380
Finance & Central Services .....	323-5300
Highway Department .....	862-4200
Human Resources .....	323-5525
Human Services .....	717-7730
Information Services .....	422-7534
Integrated Waste Management .....	323-5730
Law Library .....	422-7487
Library .....	785-3695
Medical Examiner .....	323-6400
Parks & Recreation .....	767-2820
Sheriff .....	323-5000
Surveyor .....	323-5510
Transit .....	323-5222
Veteran Services .....	323-5290

## DISC GOLF



Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also an inexpensive sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.

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Once part of Ramsey and Benton Counties, Anoka County was settled in the 1850s by fur traders. Communities developed near railway centers and nearby rivers and lakes. By 1869, Anoka County was established and the name was a combination of Indian words meaning both side of working waters. Early industry included agriculture and lumbering and the city of Anoka was selected as the county seat. A courthouse was built in 1878, remaining unchanged until 1955 when it was remodeled to house a variety of government offices. After World War II, Anoka County began to grow as community developments attracted new citizens. Today Anoka County is home to approximately 327,090 residents.

**ANDOVER** – pop. 30,442

**ANOKA (COUNTY SEAT)** – pop. 17,289

**BETHEL** – pop. 539

**BLAINE** – pop. 55,042

**CENTERVILLE** – pop. 3,737

**CIRCLE PINES** – pop. 5,395

**COLUMBIA HEIGHTS** – pop. 18,210

**COLUMBUS** – pop. 3,986

**COON RAPIDS** – pop. 61,832

**EAST BETHEL** – pop. 11,895

**FRIDLEY** – pop. 25,868

**HAM LAKE** – pop. 15,020

**HILLTOP** – pop. 683

**LEXINGTON** – pop. 1,997

**LINO LAKES** – pop. 20,174

**NOWTHEN** – pop. 3,557

**OAK GROVE** – pop. 8,245

**RAMSEY** – pop. 23,734

**ST. FRANCIS** – pop. 7,261

**SPRING LAKE PARK** – pop. 6,458

*\*Populations are approximate.*

## ANDOVER

First organized in 1857 as Round Lake Township, then Grow Township in honor of Senator Galusha A. Grow, Andover grew as a railway community. In 1972 Andover Village was established and the community took its name after its first railway station. In 1972 Andover was incorporated as a city and the area continued to develop. Over 400 acres of parks are located within Andover, providing a variety of recreational opportunities. Today Andover is home to approximately 30,442 residents.

## ANOKA (COUNTY SEAT)

Once home to Indians, Anoka was first settled in 1844 by Joseph Belanger. Belanger established a trading post, attracting more settlers. By 1854 sawmills and specialty shops were thriving. As the lumber industry declined, Anoka became a potato producing center. In 1884 many businesses in the city were destroyed by fire, but the community quickly rebuilt and was selected as the county seat. In 1920 the city created a movement to deter Halloween pranks and the Anoka Halloween Celebration was developed. Anoka is now widely recognized as the Halloween Capitol of the World. Today Anoka is home to approximately 17,289 residents.

## BLAINE

Blaine was once part of Anoka until 1877 when it was organized as its own township. The community was named in honor of Senator James G. Blaine. Blaine grew slowly until after World War II when starter developments attracted new residents. As a result, Blaine's population grew dramatically from 1,694 in 1950 to 20,640 in 1970. Today Blaine is home to approximately 55,042 residents.

## COLUMBIA HEIGHTS

In 1898 Columbia Heights separated from Fridley Township and its name was chosen by a community contest. The first school was built in 1894 and the area grew as an agricultural community. Columbia Heights was incorporated as a city in 1921 and has continued to grow. Today Columbia Heights is home to approximately 18,210 residents.

## COON RAPIDS

Once part of Anoka, Coon Rapids was organized in 1857. Early residents were predominantly farmers until 1881 when a brick yard was established. In 1914 a dam was built by the Mississippi Power Company and Coon Rapids grew quickly as a result. Streets were platted and businesses were established to accommodate the needs of the dam workers. The dam was named Coon Creek Rapids and the community took its name. Coon Creek Rapids was shortened to Coon Rapids in 1959 when the city became incorporated. Today Coon Rapids is home to approximately 61,832 residents.



## EAST BETHEL

East Bethel was settled in the 1880s and named after a community in Maine. Early settlers were farmers and the area began to grow as the railroad arrived. In 1959 East Bethel was incorporated as a city and the area continued to thrive. Over 48 square miles of lakes and wetlands can be found within city limits. Today East Bethel is home to approximately 11,895 residents.

## FRIDLEY

Fridley was first settled by John Banfill in 1847. Once known as Manomin, Fridley was platted in 1851. A post office was established in 1853 and the area grew as an agricultural community. Manomin was changed to Fridley in 1879 in honor of Representative Abram Fridley. Fridley was incorporated as a city in 1949 and has continued to grow and develop. Today Fridley is home to approximately 25,868 residents.

## HAM LAKE

Ham Lake was settled in 1855 and first recognized as Glen Cary, Scottish for beautiful valley. Because Glen Cary was difficult for residents to pronounce, the community was renamed Ham Lake. In 1871 Ham Lake was organized as a township and its population reached 253. It was incorporated as a city in 1974 and the area continued to thrive. Today Ham Lake is home to approximately 15,020 residents.

## LINO LAKES

Settled in 1850, Lino Lakes was once part of Centerville. The community was organized in 1857 and the Lino Post Office was established. In 1955 Lino Lakes separated from Centerville and the community was named in honor of its first post office. Today Lino Lakes is home to approximately 20,174 residents.

## RAMSEY

Settled in the 1850s, Ramsey grew as an agricultural community. It was named in honor of Alexander Ramsey, first Governor of Minnesota Territory. As the railroad arrived, Ramsey continued to grow and develop. In 2009 the Northstar Commuter Rail was constructed, adding to Ramsey's development. Today Ramsey is home to approximately 23,734 residents.

## ST. FRANCIS

St. Francis is located in the north western corner of Anoka County. It was named after Saint Francis of Assisi, founder of the Seraphic Order. The Rum River runs through the area providing lots of beautiful scenery and recreational opportunities. The area has seen a lot of new growth, not only in residential but in commercial and industrial as well. With all the new growth and laying just north of the twin cities the community still has its small town feel with approximately 7000 residents.

## SPRING LAKE PARK

Spring Lake Park is located 10 miles north of the twin cities. It consists of around 2.1 square miles and is located mainly in Anoka County with a small portion in Ramsey County. The city got its name from Spring Lake, located on the south east corner of its border. The city is home to approximately 6,500 residents and is known for its small town charm.

**Check out YOUR County Web Page!!!**

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2. Type in the county you wish to visit & BOOM!!! You have everything you need!

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## Get up earlier

Some of the most successful people in the world start their days before 6 a.m. It may be hard at first, but you can start by waking up 15 minutes earlier and gradually increase the time from there. Soon enough you will be awake and getting things done before most people are out of bed. That will allow you a head start on everybody else.

## Start with "me time"

First thing in the morning go through all of your social media posts, respond to all of the little things that others need you to so they can get to work and set up a schedule for the rest of your day. Getting organized in the morning will help the rest of the day go smoother.

## Sleep well

While waking up early is important, so is going to bed early. The bare minimum a person needs to sleep is 7-8 hours at a time to stay healthy. You will be able to think more clearly and make better decisions if you have a good night's sleep.

## Use time-blocking

Take your to-do list and block off a time to get each item done. Make sure all of your desktop, online, mobile, and physical calendar's are in sync. You want to be on the same page with all your devices.

Once you have the time set aside to accomplish a task do not get distracted. If turning off your phone and locking yourself in a room is what it takes, then do that!

## Use checklists

If you are operating under a deadline or you have a lot of tasks to accomplish, a checklist will help you keep you focused and on track.

## Schedule breaks

Taking breaks is important because it allows your body and mind to get organized. If you schedule your breaks regularly it allows your mind to structure your day better. It would be hard for most people to do but if you can take a 10-20 minute power nap right after lunch it may help you feel energized and refreshed!

## Clear your clutter

It is important to keep a clean work station because order will help your mind focus on accomplishing your goals. Even if it looks like a mess to others having a place for everything will help anybody focus and be more productive.

## Get Fit

Being in shape and exercising regularly will help keep you energized throughout the day.

## Precautions:

- KNOW WHERE YOU CAN TAKE SHELTER IN SECONDS.
- HAVE A PLACE, EVERYONE KNOWS, TO GO TO AFTER THE STORM HAS PASSED.
- FLYING DEBRIS IS THE BIGGEST DANGER DURING A TORNADO. YOUR SHELTER SPACE SHOULD HAVE MATTRESSES OR THICK BLANKETS AROUND, TO PROTECT YOURSELVES.
- DO NOT OPEN YOUR WINDOWS TO TRY & "EQUALIZE THE PRESSURE." THIS ONLY MAKES IT EASIER FOR DEBRIS TO INJURE YOU.
- ALSO, STAY AWAY FROM WINDOWS!

## Things to Look and Listen for:

- CONSTANT ROTATION OF THE CLOUDS BASE.
- FLYING/ROTATING DEBRIS UNDER THE CLOUD.
- TORNADOS DON'T ALWAYS HAVE A VISIBLE FUNNEL.
- HEAVY RAIN OR HAIL FOLLOWED BY EITHER BY AN EERIE CALM IN THE STORM OR RAPID WIND CHANGES & SHIFTS.
- LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

## Lightning Distance Tracker

YOU CAN FIGURE OUT HOW FAR AWAY THE LIGHTNING IS FROM YOU LIKE THIS...  
COUNT THE SECONDS IN BETWEEN THE FLASH OF LIGHTNING & THE CRACK OF THUNDER.  
DIVIDE THE NUMBER OF SECONDS BY 5 & YOU HAVE YOUR DISTANCE IN MILES.

0 SECONDS	5 SECONDS	20 SECONDS	60 SECONDS
0 MILES	1.08 MILES	4.35 MILES	13.06 MILES

# Do Not Open Your Windows!



## **BUNKER HILLS REGIONAL PARK**

12800 Bunker Prairie Rd. | Coon Rapids  
Located on 1,600 acres, Bunker Hills Regional Park features the Bunker Beach Water Park, Bunker Park Stables, Bunker Hills Golf Course, Anoka County's Veteran's Memorial, campground, archery range, activity center, disc golf course, playground equipment, nature trails and picnic areas.

## **COON LAKE COUNTY PARK**

5450 197th Ave. NE | Columbus  
Located on 125 acres, Coon Lake County Park features a swimming beach, boat launch, playground equipment, volleyball court, nature trails and picnic areas.

## **COON RAPIDS DAM REGIONAL PARK**

9750 Egret Blvd. | Coon Rapids  
Located on 446 acres, Coon Rapids Dam Regional Park features a boat launch, nature trails and picnic areas.

## **ISLANDS OF PEACE COUNTY PARK**

200 Charles St. NE | Fridley  
Islands of Peace County Park features a wildlife sanctuary, nature trails and picnic areas.

## **KORDIAK COUNTY PARK**

1845 49th Ave. | Columbia Heights  
Located on 29 acres, Kordiak County Park features nature trails and picnic areas.

## **LAKE GEORGE COUNTY PARK**

3100 217th Ave. NW | Oak Grove  
Located on 270 acres, Lake George County Park features a swimming beach, boat launch, playground equipment, volleyball court, nature trails and picnic areas.

## **LOCKE COUNTY PARK**

840 71st Ave. NE | Fridley  
Locke County Park features a dog park, playground equipment, nature trails and picnic areas.

## **MANOMIN COUNTY PARK**

6666 East River Rd. | Fridley  
Located on 15 acres, Manomin County Park features the Banfill Tavern, Banfill-Locke Center for the Arts, nature trails and picnic areas.

## **MARTIN-ISLAND LINWOOD LAKES REGIONAL PARK**

22480 Martin Lake Rd. | Linwood Township  
Located on 737 acres, Martin-Island Linwood Lakes Regional Park features Camp Salie, a swimming beach, playground equipment, nature trails and picnic areas.

## **MISSISSIPPI WEST REGIONAL PARK**

7550 Sunwood Dr. NW | Ramsey  
Located on 273 acres, Mississippi West Regional Park features an educational center, playground equipment, nature trails and picnic areas.

## **RICE CREEK CHAIN OF LAKES PARK RESERVE**

7401 Main St. | Lino Lakes  
Located on 5,500 acres, Rice Creek Chain of Lakes Park Reserve features the Wargo Nature Center, Chomonix Golf Course, a boat launch, fishing pier, playground equipment, nature trails and picnic areas.

## **RIVERFRONT REGIONAL PARK**

5100 East River Rd. | Fridley  
Located on 139 acres, Riverfront Regional Park features the Riedel Farm Estate, nature trails and picnic areas.

## **RUM RIVER CENTRAL REGIONAL PARK**

17955 Roanoke St. NW | Ramsey  
Located on 434 acres, Rum River Regional Park features a boat launch, nature trails and picnic areas.

## **RUM RIVER NORTH COUNTY PARK**

23100 Rum River Blvd. | St. Francis  
Located on 80 acres, Rum River North County Park features a fishing pier, playground equipment, nature trails and picnic areas.

## **RUM RIVER SOUTH REGIONAL PARK**

3000 Ferry St. N | Anoka  
Rum River South Regional Park features a boat launch, nature trails and picnic areas.

## **SANDHILL CRANE NATURE AREA**

Located on 533 acres, the Sandhill Crane Nature Area features a wildlife sanctuary, nature trails and picnic areas.



# AREA ATTRACTIONS

## THE ANOKA COUNTY HISTORICAL SOCIETY

2135 3rd Ave. N | Anoka | (763) 421-0600

## BLAINBROOK ENTERTAINMENT CENTER

12000 Central Ave. NE | Blaine | (763) 755-8686

## BROOKHALL BANQUET CENTER

11930 Central Ave. NE | Blaine | (763) 755-8731

## THE BRIDGES GOLF COURSE

2850 82nd Lane NE | Blaine | (763) 785-9063

## BRUNSWICK ZONE

11351 Ulysses St. NE | Blaine | (763) 561-2230

## BUNKER HILLS GOLF COURSE

12800 Bunker Prairie Rd. NW | Coon Rapids  
| (763) 767-5331

## COMPLETE HELICOPTERS, INC.

1500 99th Lane NE | Blaine | (763) 639-4986

## COON RAPIDS ARTS COMMISSION

11155 Robinson Dr. | Coon Rapids | (763) 767-6493

## COURTYARDS OF ANDOVER

13545 Martin St. NW | Andover | (763) 434-4626

## GOOSE LAKE FARM & WINERY

6760 213th Ave. NW | Nowthen | (763) 753-9632

## HIDDEN HAVEN GOLF CLUB

20520 Polk St. NE | East Bethel | (763) 434-4626

## KATE HAVEN GOLF COURSE

8791 Lexington Ave. NE | Circle Pines | (763) 786-2945

## LINE DRIVE SPORTS CORPORATION

479 Apollo Dr. #20 | Lino Lakes | (651) 490-7898

## THE LINKS AT NORFOLK

9333 Alpine Dr. NW | Ramsey | (763) 241-0506

## LYRIC ARTS MAIN STREET STAGE

420 Main St. | Anoka | (763) 422-1838

## MAJESTIC OAKS GOLF CLUB

701 Bunker Lake Blvd. | Ham Lake | (763) 755-2140

## MAPLE GROVE ARTS COUNCIL

P.O. Box 2009 | Ham Lake | (763) 755-2140

## NATIONAL SPORTS CENTER

1700 105th Ave. NE | Ham Lake | (763) 755-2140

## NORTHTOWN MALL

398 Northtown Dr. NE | Blaine | (763) 786-9704

## PROKART INDOORS

1201 97th Ave. NE | Blaine | (952) 808-7223

## ROSE LAWN STABLES

24069 Rum River Blvd. | St. Francis | (763) 753-5517

## RUM RIVER HILLS GOLF CLUB

16659 St. Francis Blvd. NW | St. Francis |  
(763) 753-3339

## SPRINGBROOK NATURE CENTER

100 85th Ave. NW | Fridley | (763) 572-3588

## SPRING LAKE PARK AMUSEMENT

1066 Co. Rd. 10 NE | Spring Lake Park | (763) 786-4994

## TPC OF THE TWIN CITIES

11444 Tournament Players Pkwy. | Blaine |  
(763) 795-0800

## TWIN CITIES FLIGHT TRAINING

8891 Airport Rd. | Blaine | (763) 780-4375

## VIKING MEADOWS GOLF CLUB

1788 Viking Blvd. NE | East Bethel | (763) 434-4205

## WARGO NATURE CENTER

7701 Main St. | Lino Lakes | (651) 429-8007

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# HUNTING SEASONS

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas/dates:

Online: [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

**Small Game - Rabbits, Squirrels season**  
09/17/16 - 02/28/17

**Raccoon, Red Fox, Gray Fox, Badger, Oposum (North) Hunting & Trapping**  
10/15/16 - 03/15/17

**Raccoon, Red Fox, Gray Fox, Badger, Oposum (South) Hunting & Trapping**  
10/22/16 - 03/15/17

**Furbearer Trapping - Beaver - south zone**  
10/29/16 - 05/15/17

**Furbearer Trapping - Mink and Muskrat - north zone**  
10/29/16 - 02/28/17

**Furbearer Trapping - Beaver - north zone**  
10/29/16 - 05/15/17

**Furbearer Trapping - Mink and Muskrat-south zone**  
10/29/16 - 02/28/17

**Goose-Spring Light Goose conservation action**  
03/01/17 - 04/30/17

**Crow Hunting (2nd season)**  
03/01/17 - 03/31/17

**Spring Turkey "A" season (lottery/surplus)**  
04/12/17 - 04/18/17

**Spring Turkey "B" season (lottery/surplus)**  
04/19/17 - 04/25/17

**Spring Turkey "C" season (hunter selected)**  
04/26/17 - 05/02/17

**Spring Turkey "D" season (hunter selected)**  
05/03/17 - 05/09/17

**Bear Hunt Lottery Deadline**  
05/05/17

**Spring Turkey "E" season (hunter selected)**  
05/10/17 - 05/16/17

**Spring Turkey "F" season (any unfilled license)**  
05/17/17 - 05/30/17

**Elk Hunt Lottery Deadline**  
06/16/17

**Bear Baiting start date**  
08/11/17

**Camp Ripley Archery Hunt Application Deadline**  
08/18/17

**Prairie Chicken Hunt Lottery Deadline**  
08/18/17

**Crow Hunting (3rd season)**  
09/01/17 - 10/31/17

**Mourning Dove season**  
09/01/17 - 11/09/17

**Bear season**  
09/01/17 - 10/15/17

**Snipe and Rail Hunting season**  
09/01/17 - 11/06/17

**Early Canada Goose season**  
09/02/17 - 09/18/17

**Antlerless Deer and Special Hunt Lottery Deadline**  
09/07/17

**Youth Waterfowl Day - Tentative**  
09/09/17

**Sandhill Crane season-NW zone-Tentative**  
09/15/17 - 10/21/17

**Small Game - Rabbits, Squirrels season**  
09/16/17 - 02/28/18

**Deer Hunt - Archery season**  
09/16/17 - 12/31/17

**Sharptailed Grouse season**  
09/16/17 - 11/30/17

**Ruffed and Spruce Grouse, Hungarian Partridge season**  
09/16/17 - 01/01/18

**Waterfowl season opener - Tentative**  
09/23/17

**Take-a-Kid Hunting weekend**  
09/23/17 - 09/24/17

**Woodcock season**  
09/23/17 - 11/06/17

**Fall Turkey season**  
09/30/17 - 10/29/17

**Prairie Chicken season**  
09/30/17 - 10/08/17

**Raccoon, Red Fox, Gray Fox, Badger, Oposum (North) Hunting & Trapping**  
10/14/17 - 03/15/18

**Pheasant season**  
10/14/17 - 01/01/18

**Deer Hunt - Camp Ripley Archery Hunt - 1st season**  
10/19/17 - 10/20/17

**Deer Hunt - Special Youth Deer season**  
10/19/17 - 10/22/17

**Raccoon, Red Fox, Gray Fox, Badger, Oposum (South) Hunting & Trapping**  
10/21/17 - 03/15/18

**Furbearer Trapping - Otter - South zone**  
10/28/17 - 01/07/18

**Furbearer Trapping - Beaver - North zone**  
10/28/17 - 04/30/18

**Furbearer Trapping - Beaver - South zone**  
10/28/17 - 04/30/18

**Furbearer Trapping - Otter - North zone**  
10/28/17 - 01/07/18

**Furbearer Trapping - Mink and Muskrat - North zone**  
10/28/17 - 02/28/18

**Furbearer Trapping - Mink and Muskrat - South zone**  
10/28/17 - 02/28/18

**Deer Hunt - Camp Ripley Archery Hunt - 2nd season**  
10/28/17 - 10/29/17

**Deer Hunt - Firearm season - 100A**  
11/04/17 - 11/19/17

**Deer Hunt - Firearm season - 200A and 300A**  
11/04/17 - 11/12/17

**Deer Hunt - Firearm season - 300B**  
11/18/17 - 11/26/17

**Bobcat - Hunting & Trapping-north of I-94 and US Hwy 10 only**  
11/25/17 - 01/07/18

**Fisher and Pine Marten-north of I-94 and US Hwy 10 only**  
11/25/17 - 11/30/17

**Deer Hunt - Muzzleloader season**  
11/25/17 - 12/10/17

**Crow Hunting (4th season)**  
12/14/17 - 12/31/17

You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll Free: 1 (888) 646-6367  
Or visit one of the ELS agents available throughout the area:

## **ANDOVER**

### **LAKES CONOCO ANDOVER**

15246 Blue Bird St. NW | Andover | (763) 413-8900

## **ANOKA**

### **HOLIDAY STATION STORE (#75)**

460 Main St. W | Anoka | (763) 422-4075

### **KMART (#3897)**

1100 Hwy. 10 W | Anoka | (763) 427-7507

## **BETHEL**

### **COOPER'S CORNER**

23705 NE Hwy. 65 | Bethel | (763) 434-3010

## **BLAINE**

### **BLAINE LICENSE CENTER**

10995 Club W Pkwy. NE #700 | Blaine | (763) 323-5202

### **CAPRA'S SPORTING GOODS INC.**

8565 Hwy. 65 NE | Blaine | (763) 780-4557

### **THE FLY ANGLER**

10091 Central Ave. NE | Blaine | (763) 572-3782

### **GANDER MOUNTAIN, LLC (#487)**

10650 Baltimore St. NE | Blaine | (763) 783-7200

### **HOLIDAY STATION STORE (#379)**

9933 Ulysses St. NE | Blaine | (763) 783-2865

### **WALMART #3498**

4405 Pheasant Ridge Dr. NE | Blaine | (763) 784-0147

## **CENTERVILLE**

### **CENTER MART, LLC**

1801 Main St. | Centerville | (651) 426-4880

## **CIRCLE PINES**

### **DEPUTY REGISTRAR (#150)**

9201 Lexington N | Circle Pines | (763) 784-5780

### **HOLIDAY STATION STORE (#306)**

4167 Ball Rd. NE | Circle Pines | (763) 785-4237

### **MILLS FLEET FARM**

10250 Lexington Ave. NE | Circle Pines | (763) 785-4647

### **OLSON'S CIRCLE PINES**

10102 Sunset Ave. | Circle Pines | (763) 784-2242

## **COLUMBIA HEIGHTS**

### **COLUMBIA HEIGHTS LICENSE CENTER**

3982 Central Ave. NE | Columbia Heights | (763) 789-7202

## **COON RAPIDS**

### **AVERAGE JOE'S ARCHERY**

3050 Coon Rapids Blvd. | Coon Rapids | (763) 208-5717

### **COON RAPIDS LICENSE CENTER**

455 99th Ave. NW #100 | Coon Rapids | (763) 785-5999

### **DICK'S SPORTING GOODS (#619)**

12661 Riverdale Blvd. | Coon Rapids | (763) 323-8611

## **COON RAPIDS (Cont)**

### **HOLIDAY STATION STORE (#259)**

202 101st Ave. NW | Coon Rapids | (763) 785-9405

### **HOLIDAY STATION STORE (#309)**

12480 Foley Blvd. NW | Coon Rapids | (763) 755-2511

### **HOLIDAY STATION STORE (#3514)**

1855 Gateway Dr. | Coon Rapids | (651) 731-0515

### **SPANJERS HARDWARE**

9680 Foley Blvd. | Coon Rapids | (763) 755-1762

### **WALMART (#1562)**

13020 Riverdale Dr. | Coon Rapids | (763) 277-9712

## **EAST BETHEL**

### **BLACK BEAR GENERAL STORE**

18453 Hwy. 65 NE | East Bethel | (763) 434-2327

### **CORNER EXPRESS**

4825 Viking Blvd. NE | East Bethel | (763) 413-3337

### **GO FOR IT**

3255 Viking Blvd. NE | East Bethel | (651) 395-2174

## **FRIDLEY**

### **HOLIDAY STATION STORE (#188)**

5695 Hackmann Ave. NE | Fridley | (763) 572-2271

### **TRAILS END PRO SPORTS**

7597 Hwy. 65 NE | Fridley | (763) 784-9080

### **WALMART SUPERCENTER (#1952)**

8450 University Ave. NE | Fridley | (763) 780-9400

## **HAM LAKE**

### **HAM LAKE ONE STOP**

16205 Lexington Ave. NE | Ham Lake | (763) 434-5102

### **HAM LAKE LICENSE CENTER**

17565 Central Ave. NE #330 | Ham Lake | (763) 413-9717

### **HOLIDAY STATION STORE (#223)**

1442 Cosstown Blvd. NE | Ham Lake | (612) 434-4699

### **QUAD CENTRAL MOTORSPORTS**

16421 Aberdeen St. NE | Ham Lake | (763) 434-1200

## **RAMSEY**

### **HOLIDAY STATION STORE (#323)**

14350 Xkimo St. NW | Ramsey | (763) 422-8397

### **HOLIDAY STATION STORE (#395)**

14075 Ramsey Blvd. | Ramsey | (763) 421-3075

### **RAMSEY LICENSE CENTER**

7550 Sunwood Dr. NW | Ramsey | (763) 576-5768

## **SPRING LAKE PARK**

### **VADOS BAIT COMPANY**

7895 Hwy. 65 | Spring Lake Park | (763) 784-6728

## **ST. FRANCIS**

### **ST. FRANCIS BAIT & TACKLE, LLC**

23624 St. Francis Blvd. | St. Francis | (763) 213-1499

### **ST. FRANCIS TRUE VALUE HARDWARE**

3645 Bridge St. | St. Francis | (763) 753-1265

# FISHING SEASONS

## Flathead Catfish

04/01/17 - 11/30/17

## Stream Trout in streams, except SE

04/15/17 - 10/01/17

**Stream Trout in streams SE** - Dodge, Goodhue, Fillmore, Houston, Mower, Olmsted, Wabasha and Winona counties only.

04/15/17 - 09/14/17

## Walleye, sauger, northern pike

05/13/17 - 02/25/18

## Smallmouth and Largemouth Bass -

North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/13/17 - 02/25/18

## Smallmouth and Largemouth Bass -

2017 early Catch and Release season Only -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

05/13/17 - 05/26/17

## Lake Trout (summer)

05/13/17 - 10/01/17

## Largemouth Bass - South and West of US

Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County

05/27/17 - 02/25/18

## Smallmouth Bass - South and West of U.S.

Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

05/27/17 - 09/10/17

## Muskellunge (Muskie)

06/03/17 - 12/01/17

## Smallmouth Bass - 2017 Catch and

Release season only - South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

09/11/17 - 02/25/18

## Stream Trout (Fall) SE - 2017 season Catch and Release season only

09/15/17 - 10/15/17

## Lake and Stream Trout - Winter (entirely within the BWCA)-2018 season

12/30/17 - 04/01/18

## Trout in lakes - Winter (outside or partly outside the BWCA) - 2018 season

01/13/18 - 04/01/18

\*Contact the MN DNR for specific zone information/dates by calling:

1 (888) 646-6367 or go to [www.dnr.state.mn.us](http://www.dnr.state.mn.us)

Ice houses must be off the ice each night unless attended south of Hwy 10, Hwy 34, Hwy 200 and Hwy 2  
03/07/16

Ice houses must be off the ice each night unless attended north of Hwy 10, Hwy 34, Hwy 200 and Hwy 2  
03/21/16

Dark House Spearing-2015 season  
11/15/15 - 02/28/16

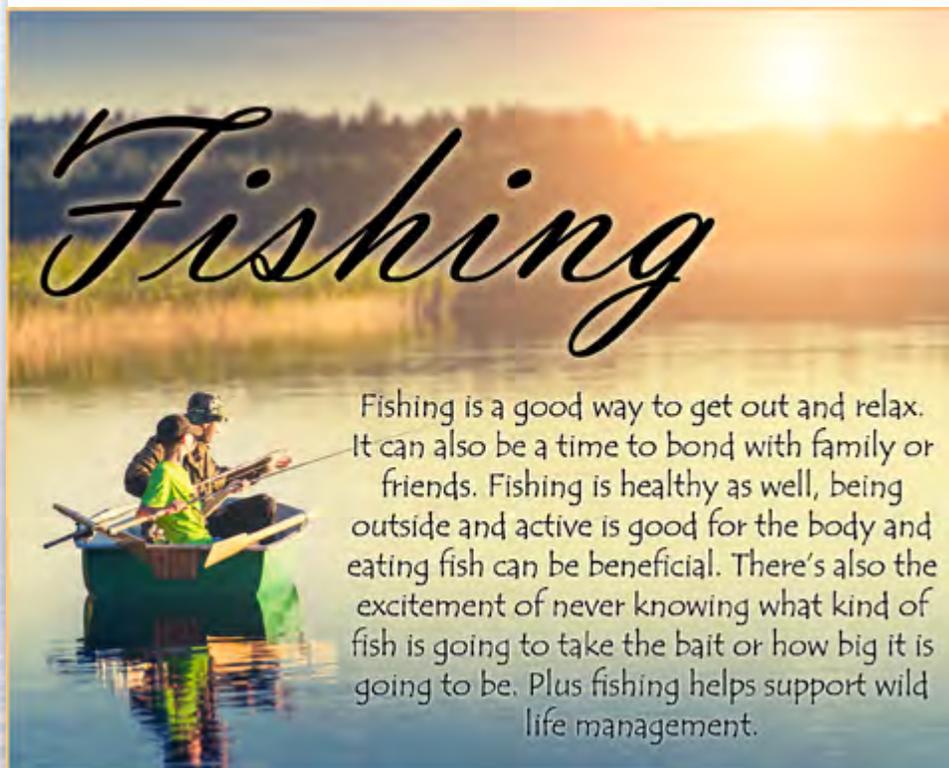
Dark House Spearing-2016 season  
11/15/16 - 02/26/17  
Sucker Spearing - 2015 season  
04/25/15 - 02/28/16

Sucker Spearing - 2016 season  
04/30/16 - 02/26/17

Bullhead, Redhorse, other rough fish Spearing - 2015 season  
04/25/15 - 02/14/16

Bullhead, Redhorse, other rough fish Spearing - 2016 season  
04/30/16 - 02/19/17

\*Contact the MN DNR for specific zone information by calling:  
1 (888) 646-6367 or go to [www.dnr.state.mn.us](http://www.dnr.state.mn.us)



Fishing is a good way to get out and relax. It can also be a time to bond with family or friends. Fishing is healthy as well, being outside and active is good for the body and eating fish can be beneficial. There's also the excitement of never knowing what kind of fish is going to take the bait or how big it is going to be. Plus fishing helps support wild life management.

## Operating Watercraft

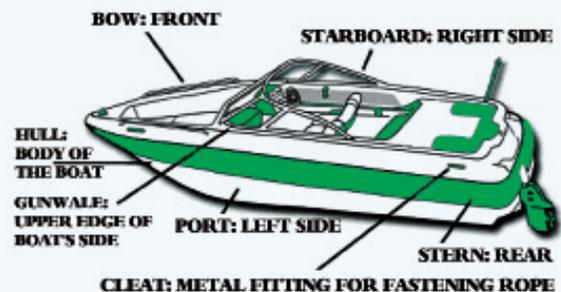
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

## Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
  - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
  - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
  - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
  - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
    - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
  - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.



## All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:  
IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
- A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
- ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.

## Eat Breakfast

A healthy balanced breakfast every morning is very important. It allows your body to run smoothly throughout the day and can help with weight control while lowering your cholesterol levels. It will improve things like concentration, performance and strength. Also studies have shown that women who skip breakfast have a higher chance of developing diabetes and men who skip breakfast have a higher chance for heart disease.

## Eat Your Greens

Leafy greens and vegetables contain phytochemicals which help to fight diseases. This will help against things like metabolic syndrome, diabetes, cancer and strokes. Vegetables are also rich in fiber which helps with hunger. The recommended amount of vegetables for the average person is around 2 ½ cups a day.

## Drink Enough Water

Many people don't get enough water throughout the day. It is recommended that the average person drinks roughly a half gallon a day which is equal to about eight 8 ounce glasses. Water helps rid the body of toxins and with unwanted weight gain by flushing out by-products of fat in your system. Water also helps your immune system, energy levels, focus and mood.

## Take a Walk During Lunch Break

Your body and mind benefit greatly when getting out for a quick walk. A walk can help with weight management, blood pressure, bone strength, balance and coordination. Plus it helps you focus by getting extra blood flow and oxygen to your brain. Also a lot of people don't get enough vitamin D in their diet and getting outside is one of the easiest ways to ensure you are getting your vitamin D.

## Get Up and Move

It is important to try and get around 10,000 steps in per day. It is very hard on our bodies when we are slumped over a desk or kicked back in a recliner all day. Studies have shown that just from walking more you can lower your risk of high cholesterol, high blood pressure and diabetes. It may be hard to get the 10,000 steps in every day but doing small things like getting up from your desk every so often and doing a lap around the office or parking farther away from your destination will help.

## Floss and Brush

This might not seem like the most significant health issue but it is very important. If you don't floss and brush daily you build up plaque on your teeth and at the gum lines. This can lead to things like gum disease and if not treated can enter the bloodstream and trigger inflammation in the arteries causing things like heart disease, diabetes, erectile dysfunction in males and delayed conception for women.



# Be Aware of your Surroundings

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



## Drink lots of Water!

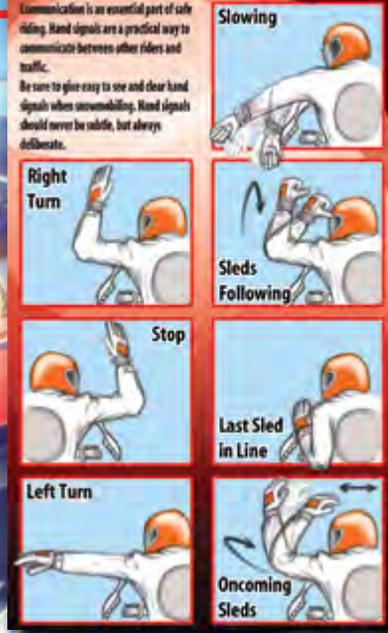


# Know Your ATV

## Read the owner's manual

and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don't lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of drugs or alcohol. • Drive at speeds that are appropriate to trail conditions. • Stay to the right on trails. • Stay away from thin ice, open water and wetlands • Know the weather forecast. • Make sure headlights and taillights work properly. • Maintain safe distances between other riders. • Reduce your speed when riding at night. • Yield to other motor vehicles and trail users. • Young or beginning riders are encouraged to take a safety training course.

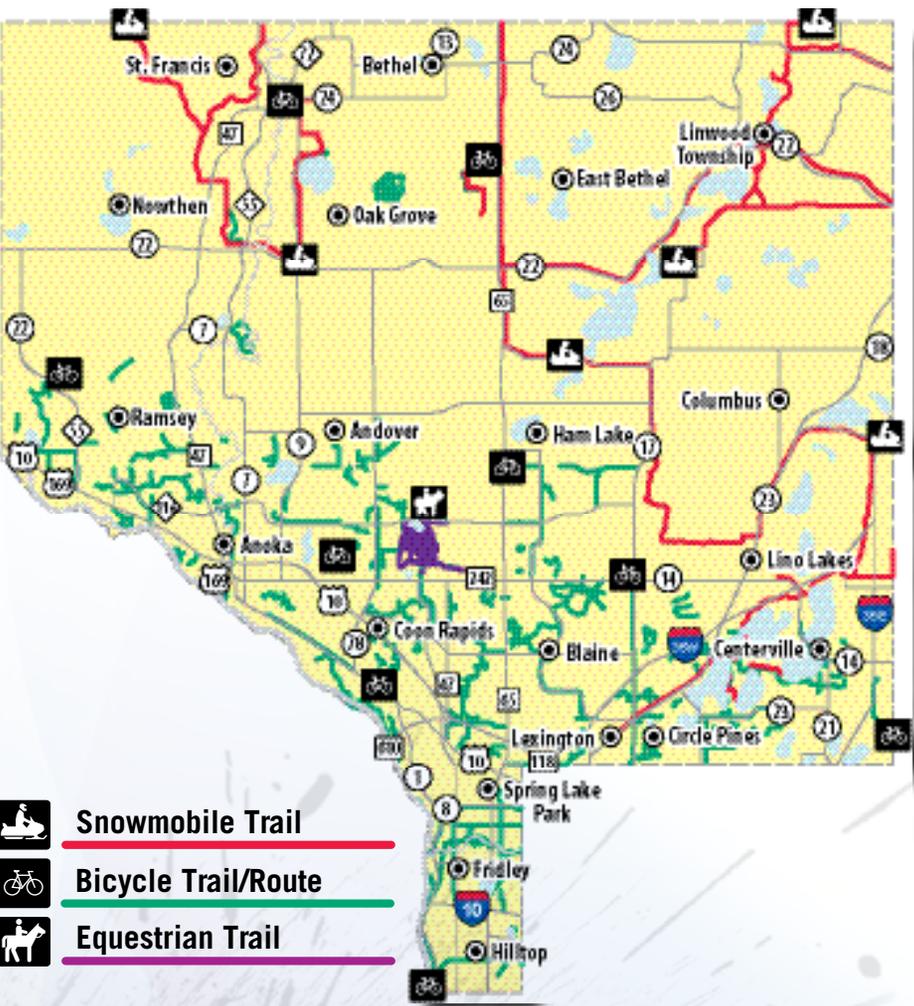
## Snowmobile Hand Signals



- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.



Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATVs on county roads or state highways.



**Hiking Safety Tips**

Before heading out on a hike, make sure you are prepared. Determine the length of the hike you're going on and the type of terrain you are going to traverse. Make sure to wear suitable footwear depending on the weather and terrain. Pack an appropriate size backpack and proper gear for your hike. Let a friend or family member know when and where you are going and how long you plan on being gone.

- Anoka's name is based on the area's Dakota and Ojibwe names, which sounded similar: the Dakota name "anokatanhan" meaning "on both sides (of the Rum River)," and the Ojibwe name "onokay," meaning "working waters."
- The first European to explore Anoka County was Louis Hennepin, a Franciscan friar, in 1680. The county's first European settler, fur trader Joseph Belanger, came one hundred and sixty-four years later in 1844.
- Anoka is known as the Halloween Capital of the World because in 1920 it hosted one of America's first Halloween parades.
- The National Sports Center has been the home of Minnesota's professional Soccer teams for twenty-three years. The Minnesota United FC won the 2011 National American Soccer League Championship.
- Some of the first Union Army volunteers to enlist for the Civil War were from Anoka. Alexander Ramsey, who was in Washington D.C. when the war broke out, telegraphed Anoka's former governor and lieutenant governor immediately and attracted six volunteers.
- Ham Lake was named after a local, ham-shaped lake in the 1860's because the town's Norwegian immigrants could not pronounce its former name, Glen Carey (which means "beautiful valley" in Scottish).
- Circle Pines was named after an American cooperative movement symbol – two pine trees encompassed by a circle – because when the town was first established, all of its homeowners owned equal shares in a cooperative community development board.
- Part of the movie "The Mighty Ducks" was filmed in Anoka's Cook Ice Arena (demolished in 2012).
- Anoka was the setting for a Doonesbury comic strip fictional presidential election in 2000. The 1844 Red River Ox Cart, a route from Saint Paul, Minnesota to Pembina, North Dakota for pioneer traders, ran through Fridley and led to the town's establishment.
- Famous Anoka residents include: Gretchen Carlson (Fox News anchor, 1989's Miss America, and celebrity spokesperson for the March of Dimes), Larry Foyen (trumpet player for Ray Charles and Maynard Ferguson), and Garrison Keillor (radio host of A Prairie Home Companion). "30 Rock" actor Scott Adsit was born in Circle Pines.

# 10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (with a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."

You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



## PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

## KIDS:

### FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

### HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and asks for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.



## FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

### INSECT BITES/ANAPHYLAXIS

*Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite seek medical attention immediately.*

### POISON PREVENTION

**Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.**

**Lock up your poisons and medications.** Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

**Follow directions carefully.** Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

**Keep your pets safe from household chemicals, too.** Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any anti-freeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



# SAFETY TIPS

## FIRST AID FOR BURNS & CHOKING

### BURNS

**For minor 1st and 2nd degree burns smaller than 3" in diameter:** Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

### Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

### Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sun-screen outdoors. Avoid giving aspirin to children.

### For 3rd degree burns/all major burns - DIAL 911

**DO NOT run cold water over large severe burns - this can cause shock.**

**DO NOT remove burnt clothing.**

**Check for signs of breathing/coughing/movement.**

**If there are no signs of breathing begin CPR.**

**Elevate burned areas above heart level, if possible.**

**Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.**

### CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



**IN AN EMERGENCY, DIAL 911**



# Tomco

COMPANY INC.

QUALITY CONSTRUCTION SINCE 1979



Tom Schiebout - President  
**763-434-1522**  
MN Lic. #BC008747  
Andover, MN

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