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First and Third Saturdays of Each Month:
 Appliance & Electronic Recycling
 First Saturday of Each Month:
 Mattress Recycling and Paper Shredding

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TABLE OF CONTENTS

Get Active!!!

- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

Go Outside and Do SOMETHING!

Anything to get your heart rate up, and your blood flowing... **YOU'LL FEEL BETTER** and it's good for your health!

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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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Community Development	323-5709
Court Administration	422-7350
Emergency	911
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



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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.

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- 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.

Anoka's Halloween tradition began as an effort to stop teenagers' pranks in 1920: instead of soaping windows and tipping outhouses and cows, the town's youth could celebrate Halloween more responsibly, as a community. Today, Anoka is recognized as the Halloween Capital of the World.

The first Anoka Halloween celebration featured a parade of costumed children and local figures, a big community bonfire at Bridge Square, and (of course!) lots of candy and other treats. Over the years, exciting new features like a Halloween Amazing Race, a Pumpkin Bowl, Orange Tie Ball, and a carnival have made Anoka Halloweens more and more fun and memorable.

Halloween events like Ghosts of Anoka Walking Tours, Monuments to Life Cemetery Tours, and a "spooktacular" Haunted House set the tone for Halloween throughout the month of October. A few highlights of the festival are city-sponsored community meals (pancakes, baked goods, hot dogs, ribs, and more), the Fired Up for Fun Bonfire, the Grand Day and Light Up the Night Parades, and the Spooktacular Carnival.

Visit Anoka during October for a "fang-tastic" Halloween! For more information,

visit www.anokahalloween.com.



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

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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.

THE ANOKA COUNTY HISTORICAL SOCIETY

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03/01/15 - 03/31/15

(3RD SEASON)

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(4TH SEASON)

12/15/15 - 12/31/15

TURKEY

SPRING

04/15/15 - 05/28/15

FALL

10/03/15 - 11/01/15

DEER HUNT

ARCHERY SEASON

09/19/15 - 12/31/15

FIREARM SEASON - 1A

11/07/15 - 11/22/15

FIREARM SEASON - 2A AND 3A

11/07/15 - 11/15/15

FIREARM SEASON - 3B

11/21/15 - 11/29/15

MUZZLELOADER SEASON

11/28/15 - 12/13/15

SMALL GAME - RABBITS, SQUIRRELS

09/19/15 - 02/28/16



All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.

Here are 5 Suggestions for a safe and successful hunting experience:

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.

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, Toll Free: 1 (888) 646-6367
Or visit one of the ELS agents available throughout the area:

ANDOVER

LAKES CONOCO ANDOVER

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ANOKA

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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

ICE SAFETY GUIDELINES:



Did you know?

- Ice always forms unevenly. It can be 2 feet thick in one spot, and just a few inches thick a couple feet away.
- The most dangerous ice is formed over flowing water. It's especially dangerous near streams, culverts and bridges. Also, the faster the water is running, usually means the weaker the ice will be.
- Snow insulates the ice and slows the freezing process. The added weight of the snow reduces the strength of the ice. Also, ice that is closer to shore is usually weaker than ice farther out.
- Cracking and rumbling ice isn't always bad. The ice expands and contracts as the temperature rises and falls.
- Fish and birds/wildlife can also effect the ice. Schools of fish can bring warm water from the bottom of lakes, and open holes in seemingly thick ice.
- **ALWAYS BE CAUTIOUS WHEN YOU ARE ON ICE!**

THIN ICE!

FISHING SEASONS

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 04/18/15 - 09/14/15
Stream Trout in streams SE - 2015 season | 05/23/15 - 02/28/16
Largemouth Bass - 2015 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County |
| 04/18/15 - 09/30/15
Stream Trout in streams, except SE - 2015 season | 06/05/15 - 06/07/15
Take-a-Kid fishing weekend |
| 04/25/15 - 02/28/16
Bowfishing - 2015 season | 06/06/15 - 12/01/15
Muskellunge (Muskie) - 2015 season |
| 04/25/15 - 02/14/16
Bullhead, Redhorse, other rough fish Spearing - 2015 season | 09/14/15 - 02/28/16
Smallmouth Bass - 2015 late Catch and Release Only season-South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County |
| 04/25/15 - 02/28/16
Sucker Spearing - 2015 season | 09/14/15 - 02/28/16
Smallmouth Bass - 2015 Catch and Release season only (statewide) |
| 05/09/15 - 02/28/16
Smallmouth and Largemouth Bass - 2015 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County | 09/15/15 - 10/15/15
Stream Trout (Fall) SE - 2015 season Catch and Release season only |
| 05/09/15 - 02/28/16
Walleye, sauger, northern pike - 2015 season | 11/15/15 - 02/28/16
Dark House Spearing-2015 season |
| 05/09/15 - 09/30/15
Lake Trout (summer) - 2015 season | *Contact the MN DNR for specific zone information by calling:
1 (888) 646-6367 or go to www.dnr.state.mn.us for more information |
| 05/23/15 - 09/13/15
Smallmouth Bass - 2015 Season -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County | |

Operating Watercraft

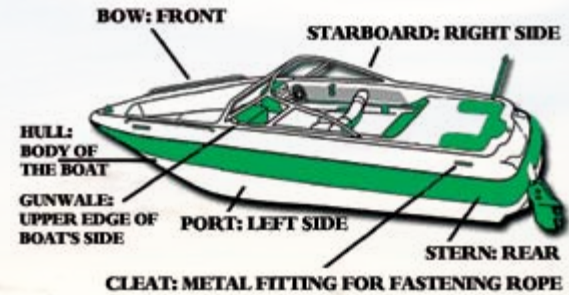
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- 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)

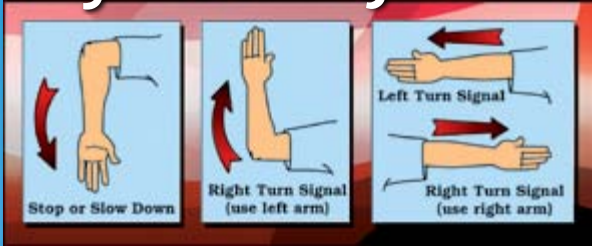
- **FOR ENGINES 25 HORSEPOWER OR LESS:**
 - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
 - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
 - 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.

Bicycle Hand Signals



Snowmobile Hand Signals

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic. Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.

Right Turn 	Slowing
Stop 	Sleds Following
Left Turn 	Last Sled in Line
Oncoming Sleds 	



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.

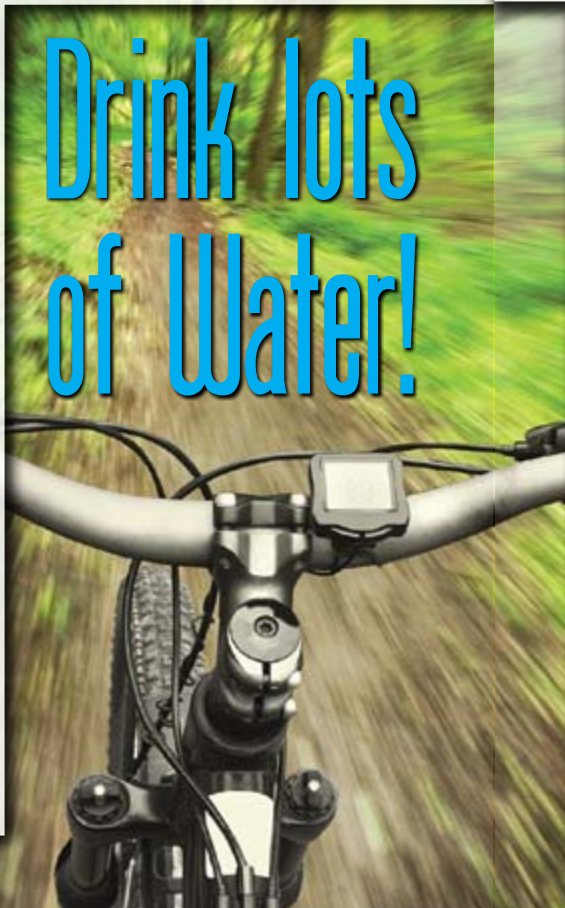
Know Your ATV



Be Cautious of Other Bikers

- 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!



PRIVATE PROPERTY
NO TRESPASSING

- 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/ATV's on county roads or state highways.

- 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.

Slow Down!

Snowmobiling is fun. Going to the hospital isn't.

ANOKA COUNTY TRAILS



COON RAPIDS AMERICAN LEGION POST 334

- Restaurant/Bar
- Banquet Facilities
- Daily Food Specials
- Happy Hours - Drink Specials
- Fridays - Live Entertainment (Check Website)
- Friday - Meat Raffle at 5pm
- Tuesdays - Hamburger Night
- Mondays, Thursdays & Saturdays - Bar Bingo!
- (Meat Raffle to follow at 5pm, Saturday Only)
- Pull-tabs sold daily
- Saturday Night - Karaoke

7 6 3 . 4 2 1 . 6 2 6 0
 11640 Crooked Lake Blvd. NW • Coon Rapids
www.CoonRapidsLegion.org



License / Premise#
 A-00127-003

Hey!
check
it out!!!

color me!



SILLY JOKES...

Q: Why do dogs run in circles?
A: Because its hard to run in squares!

Doctor, Doctor my son has swallowed my pen, what should I do?
Doctor: Use a pencil 'till I get there..!

Q: What's the worst thing you're likely to find in the school cafeteria?
A: The food!

The Perfect homework excuse...
Teacher: Where is your homework?
Student: I lost it fighting this kid who said you weren't the best teacher in the school!

Q: Who invented fractions?
A: Henry the 1/8th!

Q: Why does a flamingo lift up one leg?
A: Because if he lifted up both legs it would fall over!

Q: What runs but never walks?
A: Water!

Q: Did you hear about the fool who keeps going around saying "no"?
A: "No...?" Oh, so it's you!?

What does a
Snail Say...



Can you find your way?



Math Time

12	+	11	+	7	=
+		+		+	
18	+	19	+	16	=
+		+		+	
12	+	13	+	4	=
=		=		=	=
+		+		=	



Brain Food
TRY IT!!!

End Here!

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.

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.



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

FACT:

Studies show that forming healthy habits at an early age can have lifelong benefits.



The Leader in Early Education and Care™
Infants - Private Kindergarten & After School



PRIMROSE WAY:

Head, shoulders, knees and giggle.

Advanced And NAEYC Accredited School

Primrose School of The Lakes at Blaine

2303 124th Court NE | Blaine, MN 55449

763.767.4222 | PrimroseBlaine.com

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