

**FREE
RESIDENT GUIDE**



*Benton &
Morrison
Counties*

MINNESOTA

***What's Inside:
Businesses • Directory • History
Events and more***

KDDG

BOB 106 FM

"TOTAL COUNTRY"

HITS OF THE 50'S TO THE 90'S



ST. CLOUD BRAINERD



DONAHUE

HARLEY-DAVIDSON

SALES, SERVICE,
PARTS & CLOTHING

Brainerd
North Hwy 371
(218)822-4434



St. Cloud
East Hwy 23
(320)251-6980

DONAHUEHD.COM
INFO LINE 877-959 0099

Table of Contents

2-3	Local Area Events
4-5	Preferred Merchants & Services
6	Residential Services
7	Benton County History
8-9	Benton County Communities
10	Morrison County History
11-13	Morrison County Communities
14-15	Local Area Attractions
16-17	Parks & Recreation
18-19	DNR License Centers
20	Minnesota Hunting Seasons
22	Minnesota Fishing Seasons
27	Local Area ATV Trails
31	Local Area Snowmobile Trails

LincolnMarketing
SINCE 1984

This free publication is made possible by the advertisers and other local agencies and may not be reproduced. Please support the local advertisers in this publication. Comments and/or suggestions may be directed to: info@lincolnmarketing.us View this publication online at: www.lincolnmarketing.us

Local Area Events

JANUARY

Famous Fish Fry | Royalton
MN Flying Aces Junior Hockey | Little Falls
Governor's Cup Ski Race | Little Falls
Candlelight Ski, Walk & Snowshoe | Little Falls
Fishing Derby & Raffle | Little Falls
Gingerbread Arts & Crafts Show | St. Cloud
Festival of Lights | St. Cloud

FEBRUARY

Youth Choir Festival | St. Cloud

MARCH

Downtown Art Crawl | St. Cloud
Empty Bowls Soup Sampler Benefit | St. Cloud
Jose Cole Circus | Sauk Rapids
Little Falls Senior High Arts Show | Little Falls
Kiwanis Club Fish Fry | Little Falls
St. Mary's Beef Stew Dinner | Little Falls
Morrison County Dairy Banquet | Little Falls
Soup & Chili Cook-Off | Little Falls

APRIL

Heartland Symphony Orchestra | Little Falls
Party for the Arts | Little Falls
Home, Garden & Leisure Show | Little Falls
Earth Day Celebration | Little Falls
Fashion Show & Luncheon | Little Falls
Central MN Winter Horse Fest | St. Cloud
Smelt Fry | St. Cloud
Gingerbread Arts & Crafts Show | St. Cloud
Earth Day 1/2 Marathon | St. Cloud
Freedom Flight Fundraiser | St. Cloud
Mississippi Music Fest | St. Cloud
Chocolate Fantasy | St. Cloud

MAY

May Day | Little Falls
Women's League Kick-Off & BBQ | Little Falls
Ripley Rock N. Run Family Event | Little Falls
World's Largest Garage Sale | St. Cloud
Change A Life Fundraiser | St. Cloud
Fifties Car Hop Theme | St. Cloud
Apple Duathlon | Sartell

JUNE

Foley Fun Days
Relay for Life | Foley
City Wide Garage Sales | Foley
Medallion Hunt | Foley
Foley Grand Parade
Floral Art Show | Little Falls
Family Fun Day | Little Falls
Dandee Lions Waffle Breakfast | Little Falls
Little Falls Dam Festival
Celebrity Golf Tournament | Little Falls
Alzheimer's Ride for the Mind | Little Falls
City Wide Garage Sales | Rice
Sportsman's Club Fishing Contest | Royalton
Spalt Fest | St. Cloud
Downtown Art Crawl | St. Cloud
Granite City Days | St. Cloud
Home Tour & Wine Tasting | St. Cloud
SummerFest | Sartell
Rapids River Days | Sauk Rapids

JULY

Morrison County Fair | Little Falls
Gilman Days
Half Way Jam | Royalton
Sidewalk Sale & Crazy Days | St. Cloud

Local Area Events

AUGUST

Historical Homes Tour | Little Falls
Rice Family Fun Day
Platte River Days | Royalton
Rock N' Block Party | Sartell
Benton County Fair | Sauk Rapids
St. Cloud Antique Auto Club
Army Aviation Open House | St. Cloud

SEPTEMBER

Little Falls Arts & Craft Fair
Lone Eagle Auto Car Show | Little Falls
Garden Gala | Little Falls
Kids Day | Little Falls
Old Creamery Arts & Craft Sale | Rice
March of Dimes Fundraiser | St. Cloud
CMBA Fall Tour of Homes | St. Cloud
St. Mary's Cathedral Block Party | St. Cloud
Downtown Art Crawl | St. Cloud
2010 Gala | St. Cloud
Powerboat Races | St. Cloud

OCTOBER

Fishing Museum Fall Garage Sale | Little Falls
Zoo Boo Trick or Treat | Little Falls
Cage of Terror | Little Falls
Early Halloween Party | St. Cloud
Gingerbread Arts & Crafts Show | St. Cloud
Quilt Show | St. Cloud
Fireman's Open House | Sauk Rapids

NOVEMBER

Holiday Open House | Little Falls
Santa Parade | Little Falls
Holiday Boutique | Little Falls
Downtown Art Crawl | St. Cloud
Zonta Christmas House | St. Cloud
Storybook Christmas Boutique | St. Cloud

DECEMBER

Christmas 1918 at the Lindbergh's | Little Falls
Carousel of Crafts | Little Falls
Santa Parade | Little Falls
Winter Nights & Lights Parade | St. Cloud
Granite City Train Show | St. Cloud
Sauk Rapids Holiday Parade of Lights
Christmas Light Contest | Sauk Rapids
Chili & Hot Dog Feed | Sauk Rapids



SCAN THE QR CODE TO
FIND MAPS &
RESIDENTIAL GUIDES
NATIONWIDE.

LincolnMarketing
INCORPORATED

Preferred Merchants & Services

CENTRAL MN WESTWIND ENTERPRISES

Antiques, used furniture, red cedar lawn furniture, appliances and more. Wanted: flea market vendors Saturdays and Sundays. Open Tuesday through Saturday 9-5, Sunday 11-5. Located 12 miles west of Little Falls on Hwy. 27. Contact Ken.

Phone: (320) 232-0444 or (320) 547-9975

CENTRAL MINNESOTA SENIOR CARE

Promoting dignity, health and independence. Customized assisted living services, private rooms, family style living, public and private pay, 24 hour awake home care aide, arranged transportation, food/prepared meals, homemaking and more. Contact Dawn Frericks.

315 Southwest 6th St. | Little Falls, MN

Phone: (320) 441-7001

D & D CONSTRUCTION, LLC

Our reputation is built on every job we do! Remodeling and additions, custom built homes, decks and porches, maintenance free siding and more. Call Dave Thene - your hometown builder. Located in Rice, MN.

Phone: (320) 393-4179 or (320) 249-3156

DONAHUE HARLEY-DAVIDSON - BRAINERD

Sales, service parts and clothing. Located off north Hwy. 371 in Brainerd.

Phone: (218) 822-4434 or (877) 959-0099

www.donahuehd.com

DONAHUE HARLEY-DAVIDSON - ST. CLOUD

Sales, service parts and clothing. Located off east Hwy. 23 in St. Cloud.

Phone: (320) 251-6980 or (877) 959-0099

www.donahuehd.com

FRIENDLY INN

Daily lunch specials and more. Open 7 days a week, Monday through Saturday 11AM to 1AM, Sunday 12 noon to 1AM. Kitchen hours: 11AM to 12:30AM. Happy Hours Sunday through Thursday 4 to 6PM, Friday and Saturday 4:30 to 5:30PM. Full menu available. Located on County Rd. 203 south of Motley.

Phone: (218) 575-3295

H.C. POPP WELDING

We'll 'Popp' anything together! Portable welding, GMAW/carbon air cutting/plasma cutting, stainless/aluminum, structural, repair and more. A.W.S. Certified. 20 years experience. Fully insured. Contact Howard Popp.

210 5th St. NE | Rice, MN

Phone: (320) 260-0226

KDDG BOB 106FM RADIO

"Total Country." Hits of the 50's to the 90's.

KASM 1150AM RADIO

Your dependable neighbor.

LA LA'S BAR & GRILL

Daily lunch specials and take out available. Opens at 11AM Monday through Sunday. Appetizers, salads and soups, sandwiches, wraps, burgers and more.

430 Oak Ave. | South Haven, MN

Phone: (320) 433-4533

OAK HILL GOLF CLUB

"We are where you want to golf." 18 hole championship golf surrounded by incredible natural backdrop.

8852 Indian Rd. NW | Rice, MN

Phone: (320) 259-8969

www.oakhillgolfclub.com

OAK PARK CO-OP CREAMERY

Stop by for your spring planting needs, handling, chemicals, food products, feed, shavings, animal supplies and more. Located right off Hwy. 23 east of Foley.

16623 Ironwood Rd. NE | Oak Park, MN

Phone: (320) 968-7864

OK TIRE & BAIT

Full line of tires. Fast, friendly service. Live bait. Licenses and more. Located 1 block east off Hwy. 10.

100 Superior Ave. | Randall, MN

Phone: (320) 749-2345

www.oktireandbait.com

Preferred Merchants & Services

PRIZM FINISHINGS

Powder coating - offering ceramic coating and sandblasting. Contact Scott Ziegler.

12978 Haven Rd. - Suite C | Little Falls, MN

Phone: (320) 632-3129 or (320) 360-3344

RIVERSIDE ASSISTED LIVING

Assisted living for seniors. A beautiful living experience in a family setting for the elderly person in need of quality personal care... Located in Royalton, MN.

Phone: (320) 584-6484

www.riversideroyalton.com

STONE EXPRESS

Lakeshore restoration and rip rap builders. We can do a little bit or we can do it all. Call Randy.

Phone: (320) 412-6345

SUNRISE COUNTRY STORE

Repair and service on all makes and models of ATVs, side by sides and lawn and garden equipment. Highly trained technicians and affordable!

Stihl® sales and service.

14395 Hwy. 25 | Pierz, MN

Phone: (320) 468-2168

WEST BUCKMAN ELECTRIC

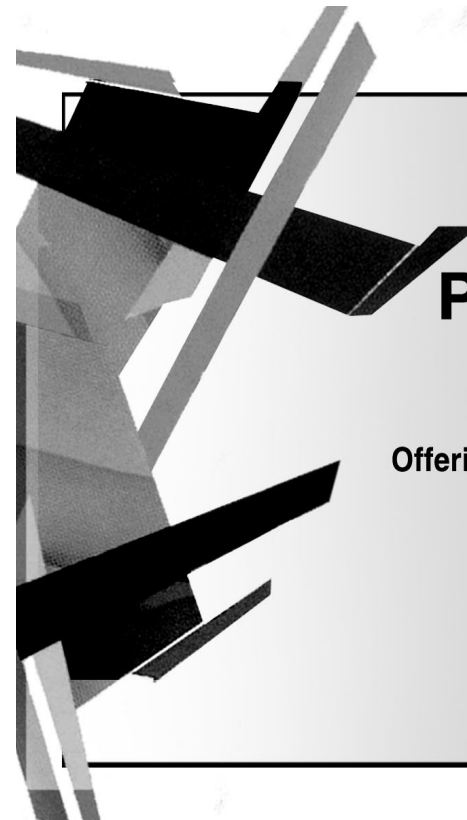
New construction, residential, commercial, agricultural, remodels. Everything from flashlights to lightning bolts.

Whitey Funk: (320) 420-2742

Email: whiteyfunk@live.com

Tom Millner: (320) 420-7472

Email: tommillner@live.com



Prizm Finishings

Powder Coating

Scott Ziegler

Offering Ceramic Coating & Sandblasting

12978 Haven Rd. • Suite C

Little Falls, MN 56345

Phone: 320-632-3129

Fax: 320-632-3039

Cell: 320-360-3344

Residential Services

BENTON COUNTY

Administration.....	(320) 968-5001
Assessor.....	968-5019
Attorney.....	968-5175
Auditor/Treasurer.....	968-5006
Corrections.....	968-5192
Court Administration.....	968-5205
Development.....	968-5065
Emergency Management.....	968-8105
Extension Service.....	968-5077
Human Services.....	968-5087
Parks & Recreation.....	968-5065
Public Works.....	968-5051
Recorder.....	968-5037
Sheriff.....	968-7201
Veterans Services.....	968-5044

MORRISON COUNTY

Administration.....	(320) 632-0295
Assessor.....	632-0101
Attorney.....	632-0190
Auditor.....	632-0132
Corrections.....	632-0304
County Commissioners.....	632-2491
Court Administration.....	632-0327
Extension Service.....	632-0161
Information Technology.....	632-0830
Planning & Zoning.....	632-0170
Public Health.....	632-6664
Public Works.....	632-0121
Recorder.....	632-0146
Sheriff.....	632-9233
Social Services.....	632-2951
Treasurer.....	632-0151
Veterans Services.....	632-0290



Benton County History *(Foley, County Seat)*

Originally home to Chippewa and Sioux Indians, Benton County was first settled in 1848 by David Gilman who established a trading post. Benton County was named after Thomas Hart Benton, a Missouri senator who assisted with the Homestead Act. Settlement grew along the Mississippi River as it was a prime means of transportation of goods and excellent source of power. Towns and townships were organized and Benton County continued to grow. Between 1856 and 1859 the county seat was moved from Sauk Rapids to Watab, and back to Sauk Rapids. Sauk Rapids remained the county seat until 1901 when voters moved it to Foley, today's county seat. Early industry in Benton included agriculture and dairy farming, lumbering, logging, granite mining and manufacturing. As timber and granite resources were exhausted, agriculture and manufacturing have become recent industry staples. Today Benton County is home to approximately 40,193 residents.

Benton County Communities

CITIES:

FOLEY (COUNTY SEAT) - pop. 2,371

GILMAN - pop. 199

RICE - pop. 1,459

ROYALTON - pop. 966

SARTELL - pop. 14,444

SAUK RAPIDS - pop. 11,956

ST. CLOUD - pop. 67,136

TOWNSHIPS:

ALBERTA - pop. 135

GILMANTON - pop. 807

GLENDORADO - pop. 849

GRAHAM - pop. 645

GRANITE LEDGE - pop. 749

LANGOLA - pop. 981

MAYHEW LAKE - pop. 867

MAYWOOD - pop. 906

MINDEN - pop. 1,895

SAUK RAPIDS - pop. 579

ST. GEORGE - pop. 974

WATAB - pop. 2,912

**Populations are approximate.*

FOLEY (COUNTY SEAT)

Named after John Foley, one of the community's founders and railroad developer, Foley began as a railway village. Upon completion of the Great Northern Railway, the area began to grow and a post office was built in 1883. Early businesses included creameries, grain elevators, general stores, pickle factory and lumber yards. In 1902 the county seat was moved from Sauk Rapids to Foley where it currently remains. Today Foley is home to approximately 2,371 residents.

GILMAN

Located in Alberta Township, Gilman was settled in the 1880s. A post office was established in 1885 by George Pappenfus. A general store, creamery, saloon and cheese factory followed and Gilman was incorporated in 1959. Today Gilman is home to approximately 199 residents.

RICE

Settled in 1877, Rice is named after local hotel owner George T. Rice. Located near the Little Rock River, Rice began to grow as the railroad arrived. A post office was built in 1878 and the community was known for a period as Rices, the name was officially changed back to Rice in 1889. Today Rice is home to approximately 1,459 residents.

Benton County Communities

ROYALTON

R. D. McKinney arrived to present day Royalton in 1853 and was the area's first settler. Located in Benton and Morrison counties, the community was recognized as Langola. As the railroad arrived, the station was called Royalton. With the establishment of the post office in 1878, the community took the name Royalton. Today Royalton is home to approximately 966 residents.

SARTELL

Sartell was once known as the "Third Rapids," named by a French fur trader. In 1854 Joseph B. Sartell arrived to the area and opened a flour mill on the Watab River. In the 1880s, along with his brothers, Joseph B. Sartell opened the Sartell Lumber Company. In 1907, Sartell was incorporated and named after its founder. Today Sartell is home to approximately 14,444 residents.

SAUK RAPIDS

Named after the Mississippi rapids, Sauk Rapids was originally known as Washington. In 1854 the community was organized and platted. As the Great Northern Railroad arrived, Sauk Rapids grew quickly and businesses such as flour mills, general stores, a brewery, hotels and newspaper offices were established. Sauk Rapids was selected as the county seat until 1902 when it was moved to Foley. Today Sauk Rapids is home to approximately 11,956 residents.

ST. CLOUD

Once a way station on the Red River Trails, St. Cloud developed from three separate settlements and unified to offset hardship. The city was incorporated in 1856 and is named after the Parisian suburb, Saint Cloud, by John Wilson. Since the 1880s, granite quarries have operated in St. Cloud, deeming the area "Granite City." Today St. Cloud is home to approximately 67,136 residents.



ASSISTED LIVING FOR SENIORS

A beautiful living experience in a family setting for the elderly person in need of quality personal care...

320-584-6484
Royalton

- 24 hour supervision and care by a qualified staff.
- Three meals daily and nursing service provided.
- Located in quiet newly developed residential area.
- Medication Administration / Licensed Assisted Living Plus.



www.riversideroyalton.com



Morrison County History (Little Falls, County Seat)

Once home to Sioux and Chippewa Indians, Morrison County was settled in the mid 1800s. The area was first settled by fur traders and missionaries until loggers arrived, building a dam at the present site of Little Falls in 1849. Fort Ripley was then constructed and development of the county continued. Officially established in 1856, Morrison County was named after fur traders and explorers William and Allen Morrison. Settlement grew along the riverbanks and more dams were built to power lumber mills. As a result, cities and townships were established near dam sites and Little Falls was voted as the county seat. Early industry included agriculture and dairy farming, lumbering, logging, manufacturing and paper manufacturing. Today Morrison County is home to approximately 32,883 residents.

Morrison County Communities

CITIES:

BOWLUS - pop. 238
BUCKMAN - pop. 229
ELMDALE - pop. 98
FLENSBURG - pop. 217
GENOLA - pop. 79
HARDING - pop. 108
HILLMAN - pop. 32
LASTRUP - pop. 86
LITTLE FALLS (COUNTY SEAT) - pop. 8,067
MOTLEY - pop. 640
PIERZ - pop. 1,366
ROYALTON - pop. 966
RANDALL - pop. 628
SOBIESKI - pop. 180
SWANVILLE - pop. 338
UPSALA - pop. 393

TOWNSHIPS:

AGRAM - pop. 548
BELLE PRAIRIE - pop. 1,216
BELLEVUE - pop. 1,163
BUCKMAN - pop. 799
BUH - pop. 619
CULDRUM - pop. 549
CUSHING - pop. 716
DARLING - pop. 633
ELMDALE - pop. 927
GRANITE - pop. 539
GREEN PRAIRIE - pop. 646
HILLMAN - pop. 212
LAKIN - pop. 457
LEIGH - pop. 237
LITTLE FALLS - pop. 1,606
MORRILL - pop. 698
MOTLEY - pop. 219
MOUNT MORRIS - pop. 129
PARKER - pop. 526
PIERZ - pop. 536
PIKE CREEK - pop. 952
PLATTE - pop. 373
PULASKI - pop. 353
RAIL PRAIRIE - pop. 143
RICHARDSON - pop. 491
RIPLEY - pop. 754
ROSING - pop. 148
SCANDIA VALLEY - pop. 1,204
SWAN RIVER - pop. 795
SWANVILLE - pop. 577
TWO RIVERS - pop. 609

**Populations are approximate.*

Morrison County Communities

BOWLUS

Attracted to the rich farmland, settlers arrived to the Bowlus area in the mid 1800s. Located in Two Rivers Township near the Mississippi River, the community was platted in 1907 by the Tri-State Land Company and a post office was established. Bowlus was incorporated in 1910 as a village and the community continued to grow. Today Bowlus is home to approximately 238 residents.

BUCKMAN

In 1872 the first settler arrived, Clarence B. Buckman, who was a lumberman and farmer. Buckman served as a senator and congressman between 1881 and 1907, and the community is named in his honor. In 1903 Buckman was incorporated and a post office was established by Edward S. Arnold. Today Buckman is home to approximately 229 residents.

FLENSBURG

Named after a seaport in Denmark, Flensburg was platted in 1890 by Olaf and Dagmar Searle. Upon arrival of the Little Falls and Dakota Railroad in 1882, the community began to grow. A post office was established in 1892 and Flensburg was incorporated in 1911 as a village. Today Flensburg is home to approximately 217 residents.

LITTLE FALLS (COUNTY SEAT)

Little Falls was first settled in 1848 by fur traders and the community is one of Minnesota's oldest cities. Settlers were attracted to the river and dams were built to utilize power. As a result, Little Falls quickly grew and it was incorporated as a village in 1879, as a city in 1890 and then voted as Morrison's county seat. Little Falls is also Charles A. Lindbergh's childhood home that is now a historic site. Today Little Falls is home to approximately 8,067 residents.

MOTLEY

Named after the railroad station established by the Northern Pacific Railroad Company in 1874, Motley was organized in 1885. The community was platted in 1870 and a post office was built in 1873. Motley was incorporated as a village in 1905 and the community continued to grow. Today Motley is home to approximately 640 residents.

Morrison County Communities

PIERZ

Pierz was established in 1869 and named after Father Francis Xavier Pierz, a missionary. In 1892 the community was incorporated and settlers were attracted to the fertile land. Pierz became an agricultural community and lumber, manufacturing and creamery industries followed. Today Pierz is home to approximately 1,366 residents.

RANDALL

Located in Darling Township, Randall was named after John H. Randall, a railroad developer. A post office was established in 1889 and the community was platted in 1980. Randall was incorporated in 1900 and the community began to thrive. Today Randall is home to approximately 628 residents.

SOBIESKI

Once known as Ledoux and later Swan River, Sobieski was incorporated in 1915. Located in Swan River Township, Sobieski was named after the Polish Prince Sobieski. Today Sobieski is home to approximately 180 residents.

SWANVILLE

In 1892 Swanville was organized and named by John Williams, Jr. after the railway station and nearby Swan River. Once a booming lumber town, Swanville was incorporated in 1893. Its first post office was called Culdrum. Today Swanville is home to approximately 338 residents.

UPSALA

Settled in the 1870s by Danish and Swedish immigrants, Upsala was first recognized as Swed-back's Settlement. The community was renamed after a city in Sweden and agriculture dominated early industry. Butter making led to the development of the area and a general store, blacksmith shops and other businesses soon followed. Today Upsala is home to approximately 393 residents.



Local Area Attractions

BENTON COUNTY HISTORICAL MUSEUM

218 1st St. N | Sauk Rapids | (320) 253-9614

CAMP RIPLEY ENVIRONMENTAL CENTER

15000 Hwy. 115 | Little Falls | (320) 632-7296

CATHEDRAL OF SAINT MARY

25 8th Ave. S | St. Cloud | (320) 251-1840

CENTRAL MINNESOTA COMMUNITY THEATER

913 West St. | St. Cloud | (320) 259-0250

CHARLES A. LINDBERGH HISTORIC SITE

1620 Lindbergh Dr. S | Little Falls | (320) 616-5421

CHARLES A. WEYERHAEUSER MUSEUM

2151 South Lindbergh Dr. | Little Falls | (320) 632-4007

CRANE MEADOWS NATIONAL WILDLIFE REFUGE

19502 Iris Rd. | Little Falls | (320) 632-1575

GRANITE TRIO

600 Germain St. W | St. Cloud | (320) 257-8600

GREAT RIVER ARTS ASSOCIATION

122 1st St. SE | Little Falls | (320) 632-0960

HEARTLAND SYMPHONY ORCHESTRA

P.O. Box 241 | Little Falls | (800) 826-1997

HERITAGE NATURE CENTER

225 33rd Ave. S | St. Cloud | (320) 255-7255

LARSON BOAT MUSEUM & ANIMAL COLLECTION

Iris Rd. | Little Falls | (320) 632-4473

LINDEN HILL HISTORICAL EVENT CENTER

608 Highland Ave. | Little Falls | (320) 616-5580

MAC DOUGALL HOMESTEAD

County Rd. 23 | Royalton | (320) 632-4007

Local Area Attractions

MAPLE ISLAND PARK & GARDENS

1st St. SE | Little Falls | (320) 616-5500

MN AMATEUR BASEBALL HALL OF FAME

1325 10th Ave. N | St. Cloud | (320) 252-8227

MN FISHING MUSEUM & EDUCATION CENTER

304 W Broadway | Little Falls | (320) 616-2011

MN MILITARY MUSEUM

15000 Hwy. 115 | Little Falls | (320) 632-7374

MN STATE VETERAN'S CEMETERY

15000 Hwy. 115 | Little Falls | (320) 616-2527

MUNSINGER & CLEMENS GARDENS

Riverside Dr. & 13th St. SE | St. Cloud | (320) 255-7238

NATIONAL HOCKEY CENTER

720 4th Ave. S | St. Cloud | (320) 255-3327

PARAMOUNT THEATRE & VISUAL ARTS CENTER

913 Germain St. W | St. Cloud | (320) 259-5463

PINE GROVE ZOO & PRIMEVAL PARK

1200 W Broadway | Little Falls | (320) 616-5595

PIONEER PLACE ON FIFTH THEATRE

22 5th Ave. S | St. Cloud | (320) 203-1233

ST. CLOUD CIVIC CENTER

10 4th Ave. S | St. Cloud | (320) 255-7272

ST. CLOUD RIVER BATS BASEBALL

5001 Veterans Dr. | St. Cloud | (320) 240-9798

ST. CLOUD SYMPHONY ORCHESTRA

819 Germain St. W | St. Cloud | (320) 252-7276

ST. FRANCIS CONVENT & CAMPUS

116 8th Ave. SE | Little Falls | (320) 632-0695

SAND PRAIRIE EDUCATION AREA

Hwy. 10 | St. Cloud | (320) 255-4279

SPORTS AREA EAST

P.O. Box 71 | Sauk Rapids | (320) 252-0508

SUMMERLAND FAMILY FUN PARK

Hwy. 23 E | St. Cloud | (320) 251-0940

WHITNEY SENIOR CENTER

1527 Northway Dr. | St. Cloud | (320) 255-7245

D&D LLC
CONSTRUCTION

Our reputation is built on every job we do!

Remodeling & Additions • Custom Built Homes • Decks & Porches
Maintenance Free Siding • Window & Door Replacement

Dave Thene *Your Hometown Builder* (320) 393-4179 • Mobile: (320) 249-3156

CMBA
Central Minnesota
Builders Association

RICE, MN
MN Lic. 1869

Parks & Recreation

BENTON COUNTY

BEND IN THE RIVER REGIONAL PARK

11231 River Rd. NE | Rice

Located on 289 acres near the Mississippi River, the Bend in the River Regional Park features picnic shelters, hiking and cross-country ski trails, wildlife blinds, historic farmhouse and observation areas.

BENTON BEACH

30 125th St. NW | Rice

Located on 30 acres near Little Rock Lake, Benton Beach features a swimming beach, boat launch, campground, picnic shelters and a reservable conference center.

ST. REGIS PARK

11409 West Lake Rd. | Benton

Located on .6 acres near Little Rock Lake, St. Regis Park features picnic tables and lake access.

ROSE ANNA BEACH

9876 West Lake Court | Rice

Located on .6 acres near Little Rock Lake, Rose Anna Beach features a picnic table and lake access.

MAYHEW LAKE PARK

8996 30th Ave. NE | Sartell

Located on 4.4 acres near Mayhew Lake, Mayhew Lake Park features picnic tables, lake access and a fishing pier.

For reservations at the Benton Beach Campground, call (320) 393-3420. Daily camping rates are \$20 per campsite and \$4 for each additional adult. Monthly and weekly rates are available. Picnic shelter rates are \$40-\$60 daily with an additional damage deposit. Conference Center rates are \$125-\$600 with an additional damage deposit. Benton County Parks are open 7 days a week, sunrise to sunset. No motorized vehicles are allowed beyond parking areas. Open burning, campfires, alcohol and firearms are prohibited. All pets are required to be leashed at all times.

Parks & Recreation

MORRISON COUNTY

BELLE PRAIRIE COUNTY PARK

Riverwood Dr. | Little Falls

Located near the Mississippi River, Belle Prairie County Park features a picnic shelter, boat launch, playground equipment and observation areas.

CHARLES A. LINDBERGH STATE PARK

Lindbergh Dr. S | Little Falls

Located near the Mississippi River, the Charles A. Lindbergh State Park features hiking and cross-country ski trails, campground, picnic shelter, stone water tower and the historic home of Charles A. Lindbergh.

PIKE CREEK/MISSISSIPPI BOAT LANDING

Lindbergh Dr. S | Little Falls

Located near the junction of the Mississippi River and Pike Creek, the Pike Creek Boat Landing provides access to the river and features a fishing pier.

PINEHURST COUNTY PARK

County Rd. 204 & County Rd. 5 | Scandia Valley

Located near Lake Alexander, Pinehurst County Park features a swimming beach, lake access, picnic areas and observation areas.

SOO LINE RECREATIONAL TRAIL - WEST

Hwy. 10 | Hillman

The Soo Line Recreational Trail - West is open seasonally for hiking, biking and skating from April 1-October 1. From December 1-March 1 the Soo Line Recreational Trail - West is open for snowmobiling and cross-country skiing.

SOO LINE RECREATIONAL TRAIL - EAST

Hwy. 10 | Hillman

The Soo Line Recreational Trail - East is open seasonally for hiking, biking, skating, horseback riding and all-terrain vehicles from April 1-October 1. From December 1-March 1 the Soo Line Recreational Trail - East is open for snowmobiling and cross-country skiing.

SULLIVAN LAKE COUNTY PARK

County Rd. 272 | Scandia Valley Township

Located near Sullivan Lake, Sullivan Lake County Park features a swimming beach, lake access, picnic areas and observation areas.

For reservations and rates at the Charles A. Lindbergh State Park, call (320) 616-2525. Morrison County Parks are open seasonally from sunrise-10PM. No motorized vehicles are allowed beyond parking areas unless posted. Open burning, campfires, alcohol and firearms are prohibited. All pets are required to be leashed at all times.

**For
Advertising
Opportunities
In Your
Local Area**

**Call:
(651) 646-4674**

LincolnMarketing
SINCE 1984



"We are where you want to golf."

**18 Hole
Championship Golf
surrounded by incredible
natural backdrop**

Oak Hill Golf Club

8852 Indian Rd. NW • Rice, MN
320-259-8969

www.oakhillgolfclub.com



DNR License Centers

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) 665-4236

or visit one of the ELS agents available throughout Benton & Morrison Counties:

BOWLUS

PSYCK'S SUPER MARKET

153 Main St. | Bowlus | (320) 584-5136

CUSHING

HILLTOP SPORTS

28329 Azure Rd. | Cushing | (320) 749-2055

LINCOLN GAS AND BAIT

1042 320th St. | Cushing | (218) 575-3137

LAKEVIEW STORE

31984 Lakeview Dr. | Cushing | (218) 575-2153

FOLEY

FOLEY HARDWARE, INC.

190 Glen St. | Foley | (320) 968-7262

RAMEY STORE

5047 345th Ave. | Foley | (320) 355-9212

SUPERAMERICA FOLEY

181 Hwy. 23 W | Foley | (320) 968-6221

GILMAN

POJO'S STORE

10279 Golden Spike Rd. NE | Gilman | (320) 387-2829

HILLMAN

BROTHERS PORKY PINE BAR & GRILL

36972 State Hwy. 27 | Hillman | (320) 277-9505

BEAR TRAX STORE & HARDWARE

26485 370th Ave. | Hillman | (320) 277-3232

GROSS CORNER STORE

26277 370th Ave. | Hillman | (320) 277-3455

LITTLE FALLS

BELLE PRAIRIE JUNCTION, INC.

15237 183rd St. | Little Falls | (320) 632-5881

HOLIDAY STATIONSTORE #216

1301 1st Ave. NE | Little Falls | (320) 632-2637

HOLIDAY STATIONSTORE #398

1704 1st Ave. NE | Little Falls | (320) 632-2406

DNR License Centers

LITTLE FALLS CONTD.

LITTLE FALLS FLEET SUPPLY

101 S 5th St. | Little Falls | (320) 632-9240

PAP'S SPORT SHOP

64 E Broadway | Little Falls | (320) 632-5171

SUPERAMERICA #4609

100 Lindberg Dr. | Little Falls | (320) 632-3085

WALMART SUPERCENTER #1634

15091 18th St. NE | Little Falls | (320) 632-9268

RICE

HOLIDAY STATIONSTORE #348

435 E Main St. | Rice | (320) 393-4450

PINES EDGE GROCERY

1490 110th St. NW | Rice | (320) 393-2124

SAUK RAPIDS

HOLIDAY STATIONSTORE #4068

1715 2nd Ave. N | Sauk Rapids | (320) 255-7062

JM SPEEDSTOP SAUK RAPIDS

502 N Benton Dr. | Sauk Rapids | (320) 251-3399

MIMBACH FLEET SUPPLY, INC.

3355 Quail Rd. NE | Sauk Rapids | (320) 252-1682

MOTLEY

BRICKS TRAVEL CENTER, LLC

265 W Hwy. 10 | Motley | (218) 316-7198

ORTONS MOTLEY AMOCO

16 Hwy. 10 S | Motley | (218) 352-6756

TOM'S HARDWARE HANK

117 Hwy. 10 S | Motley | (218) 352-6366

PIERZ

JM SPEEDSTOP - PIERZ

14298 Hwy. 25 | Pierz | (320) 468-0158

HARDING SPORTSMANS BAR & GRILL

24382 Quest Rd. | Pierz | (320) 277-9511

HEROLD'S BAR & GRILL

19251 Hwy. 27 | Pierz | (320) 468-6353

REDS AUTO, INC.

104 1ST Ave. N | Pierz | (320) 468-6478

RANDALL

OK TIRE & BAIT

100 Superior Ave. | Randall | (320) 749-2345

PETRO PLUS #104

832 Superior Ave. | Randall | (320) 749-2223

ROYALTON

ROYAL TESORO

5 Hwy. 10 S | Royalton | (320) 584-8245

SWANVILLE

KAMPS KORNER, INC.

105 Degraff Ave. | Swanville | (320) 547-2492

NILSON'S HARDWARE & RENT IT CENTER

207 Degraff Ave. | Swanville | (320) 547-2241

UPSALA

LANGE OIL, INC.

130 N Main St. | Upsala | (320) 573-2100

UPSALA FARM STORE, INC.

211 S Main St. | Upsala | (320) 573-2216

Minnesota 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:

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

RABBIT & SQUIRREL

09/18/10 - 02/28/11; 09/17/11 - 02/28/12

GRAY & RED FOX

10/23/10 - 03/15/11; 10/22/11 - 03/15/12

BADGER, OPOSSUM & RACCOON

10/23/10 - 03/15/11; 10/22/11 - 03/15/12

GOOSE

(Spring Light Goose) 03/01/11 - 04/30/11
(Early Canada Goose) 09/03/11 - 09/22/11

CROW

03/01/11 - 03/31/11; 07/15/11 - 10/15/11

BEAR

09/01/11 - 10/16/11

MOURNING DOVE

09/01/11 - 10/30/11

SNIPE & RAIL

09/01/11 - 11/07/11

DEER

(Archery) 09/17/11 - 12/31/11
(Camp Ripley Archery) 10/20/11 - 10/21/11;
10/29/11 - 10/30/11
(Firearm) 11/05/11 - 11/27/11
(Muzzleloader) 11/26/11 - 12/11/11

SHARPTAILED GROUSE

09/17/11 - 11/30/11

GROUSE & GRAY PARTRIDGE

09/17/11 - 01/01/12

WOODCOCK

09/24/11 - 11/07/11

MOOSE

(Northeast Zone) 10/01/11 - 10/16/11

TURKEY

10/01/11 - 10/30/11

PHEASANT

10/15/11 - 01/01/12

PRAIRIE CHICKEN

10/22/11 - 10/26/11

PRAIRIE & PINE MARTEN

11/26/11 - 12/04/11

BEAVER (FURBEARER TRAPPING)

(North Zone) 10/23/10 - 02/28/11;
10/22/11 - 04/30/12
(South Zone) 10/30/10 - 02/28/11;
10/29/11 - 04/30/12

MINK & MUSKRAT (FURBEARER TRAPPING)

(North Zone) 10/22/10 - 02/28/11;
10/22/11 - 04/30/12
(South Zone) 10/30/10 - 02/28/11;
10/29/11 - 02/28/12

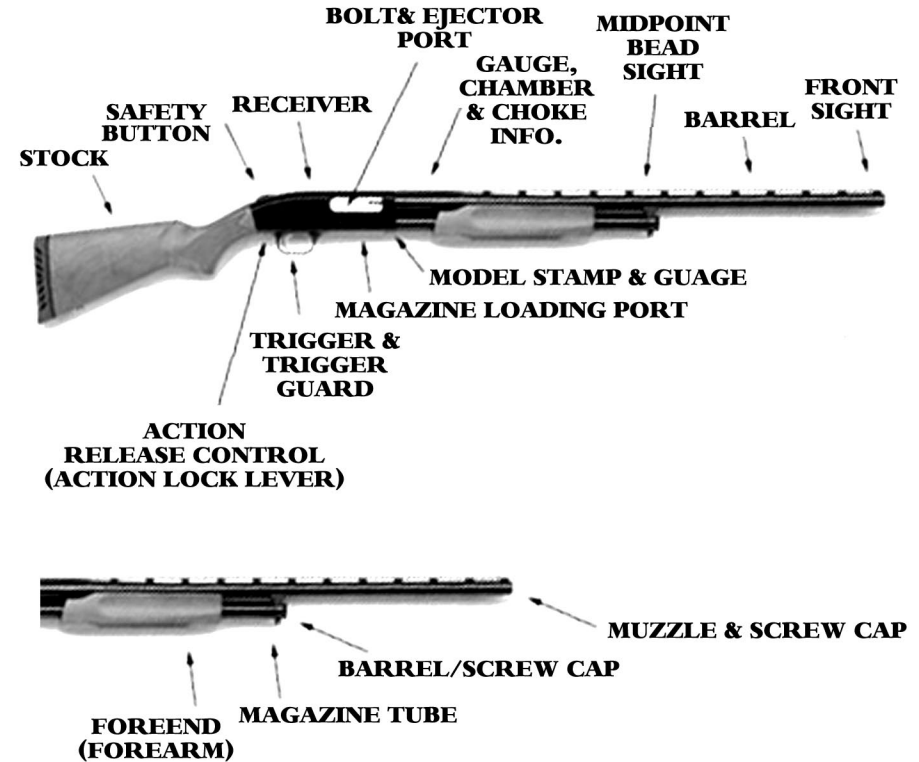
OTTER (FURBEARER TRAPPING)

(North Zone) 10/22/11 - 01/07/12

BOBCAT (FURBEARER TRAPPING)

11/26/11 - 01/07/12

Hunting Safety



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 five 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 in Minnesota, 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.

Minnesota Fishing Seasons

BOWFISHING

05/01/11 - 02/26/12; 05/01/10 - 02/27/11

WALLEYE, SAUGER & NORTHERN PIKE

05/01/10 - 02/27/11; 05/15/10 - 02/27/11

LARGEMOUTH BASS

05/15/10 - 02/27/11; 05/14/11 - 02/26/12

SMALLMOUTH BASS

05/14/11 - 02/26/12

(Catch & Release) 09/12/11 - 02/26/12

LAKE TROUT

05/14/11 - 09/30/11

(Lake Superior) 01/15/11 - 03/31/11

(Boundary Waters) 01/01/11 - 03/31/11

(Outside Boundary Waters) 01/15/11 - 03/31/11

STREAM TROUT

(Southeast Zone) 04/01/11 - 04/13/11;

04/16/11 - 09/14/11

(All Zones) 01/15/11 - 03/31/11; 05/15/10 - 10/31/10

(All Zones Except Southeast Zone) 04/16/11 - 09/30/11

MUSKELLUNGE

06/05/11 - 12/01/11

TAKE-A-KID FISHING WEEKEND

02/19/11 - 02/21/11; 06/10/11 - 06/12/11

TAKE-A-MOM FISHING WEEKEND

05/07/11 - 05/08/11

**Contact the MN DNR for specific zone information by calling: 1 (888) 665-4236.*



Boating Safety

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 gunwale, 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.

STONE EXPRESS

Lakeshore Restoration

Rip Rap Boulders

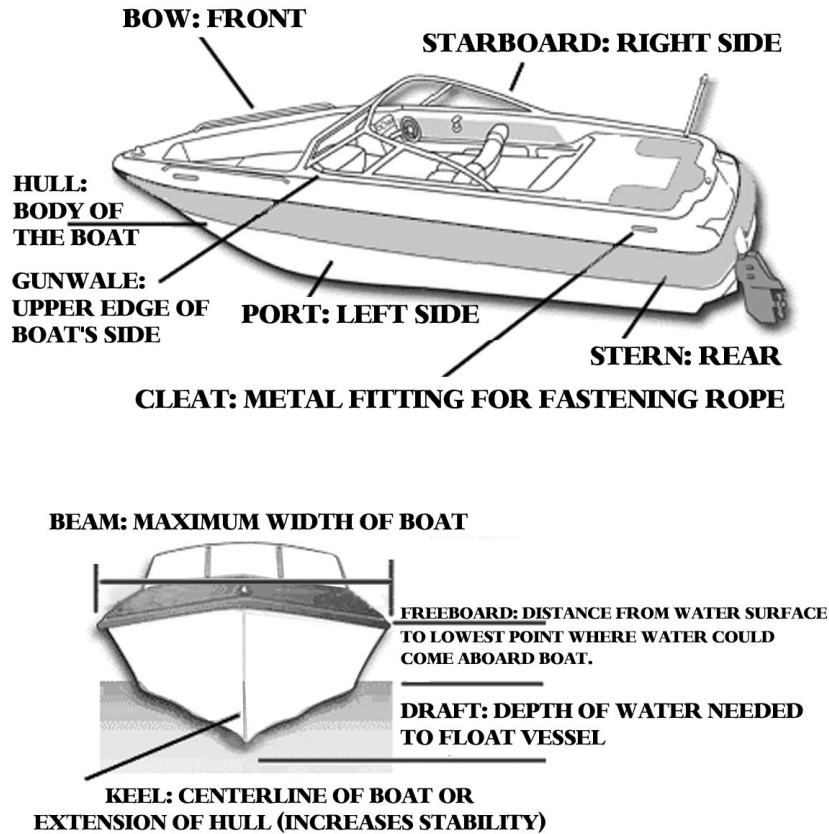
We can do a little bit or we can do it all.

Call Randy

(320) 412-6345

Boating Safety

Know Your Craft



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.

Boating Safety

Flotation Devices



Offshore Life Jackets - Type 1:

For rough or remote waters where rescue may take awhile. Provide the most buoyancy, excellent for flotation, turns most unconscious persons face up in the water.



Near-Shore Vests - Type 2:

Good for calm waters when quick assistance or rescue is likely. Turns some unconscious wearers face up in the water, but not as efficiently as offshore life jackets.



Flotation Aids - Type 3:

Vests or full-sleeved jackets good for calm waters when quick assistance is likely. Not for rough waters. They will not turn most unconscious persons face up. Used for sports, such as water-skiing. Some inflate in water.



Unwearable / Throwable Devices - Type 4:

Cushions and ring buoys designed to be thrown to someone in trouble. Type 4 is not designed to be worn. Not for rough waters - not for anyone unable to hold on to it.



Special Use - Type 5:

Vests, hybrids/others designed for specific activities, for example windsurfing, kayaking, water-skiing. Some Type 5 devices inflate when entering the water. To be acceptable, Type 5 must be used in compliance with their label instructions.

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.

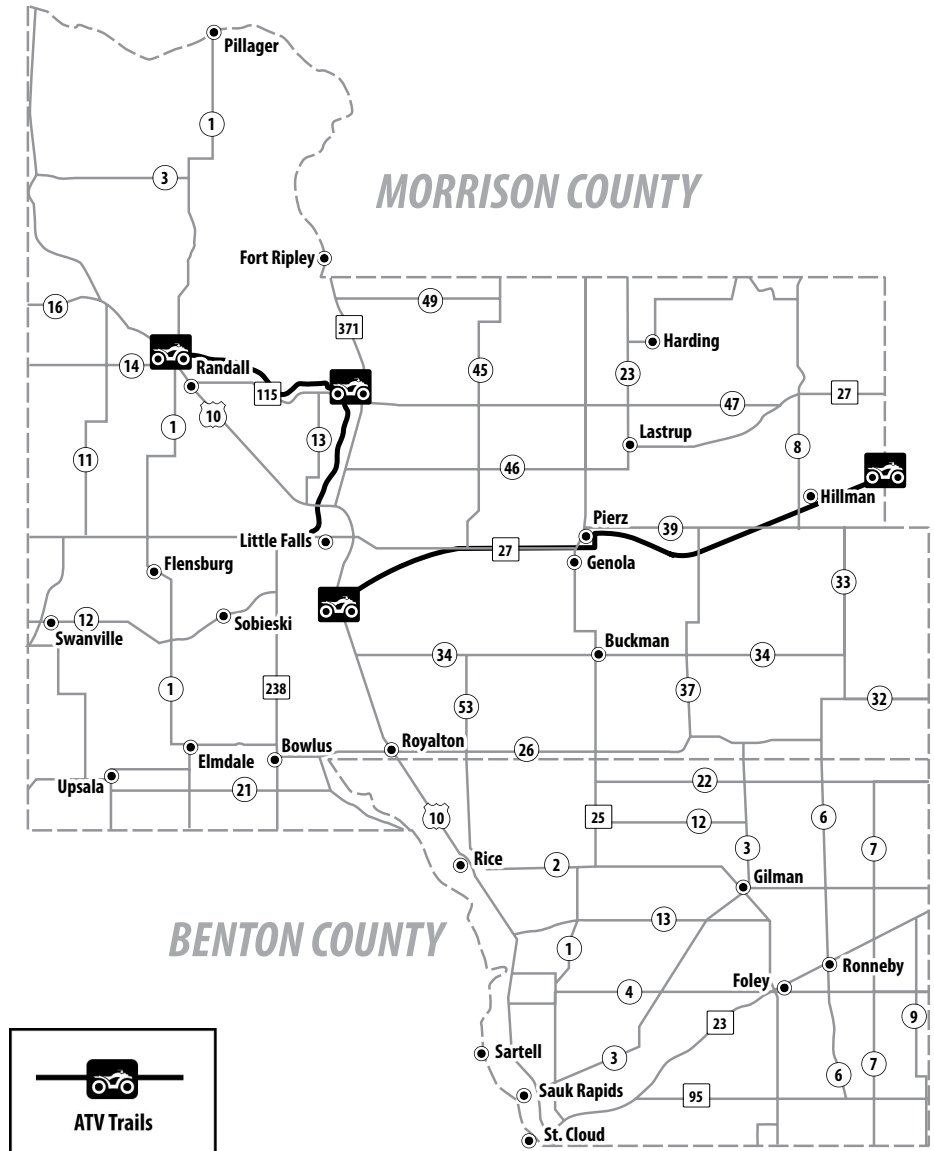
Anyone riding a jet ski or other Personal Water Craft must wear an approved -non inflating flotation device, as well as anyone being towed by a water craft.

ATV Safety

- 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.

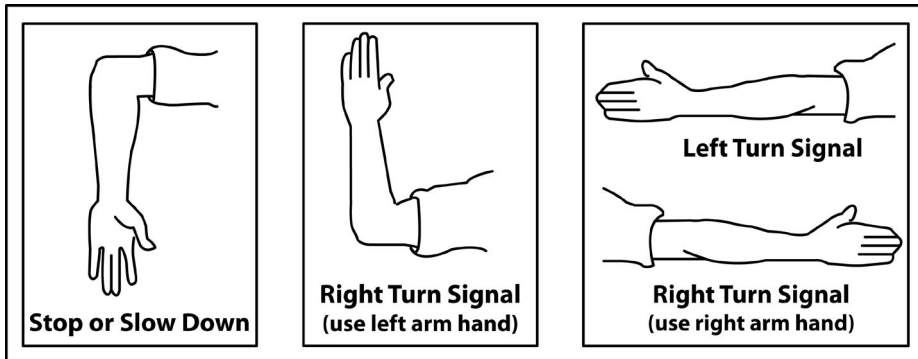


Local Area ATV Trails



Bicycle Safety

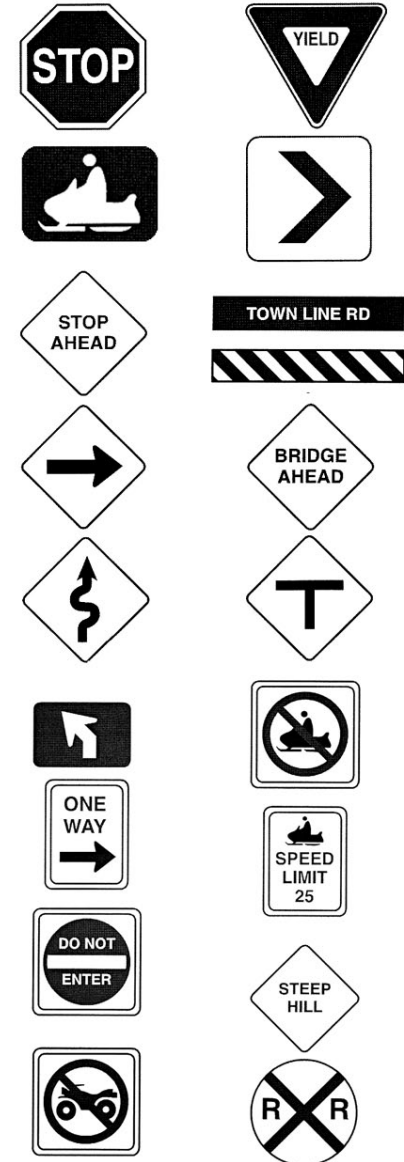
- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with 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.



Snowmobile Safety

- 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.

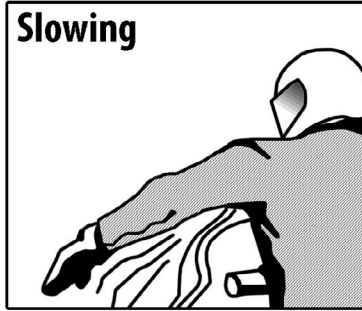
Common Trail Signs



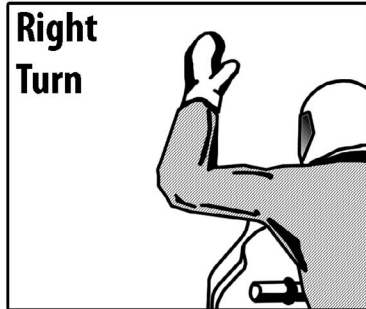
Snowmobile Safety

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic.

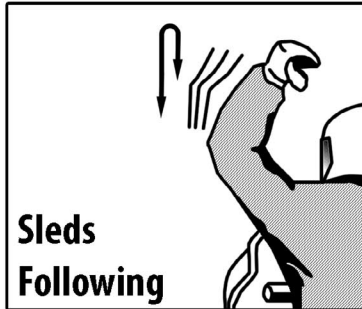
Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



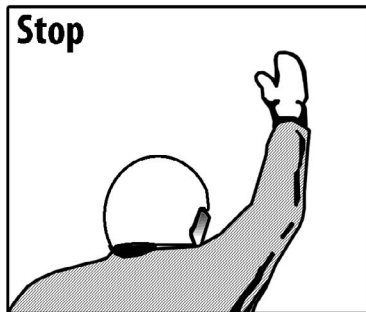
Slowing



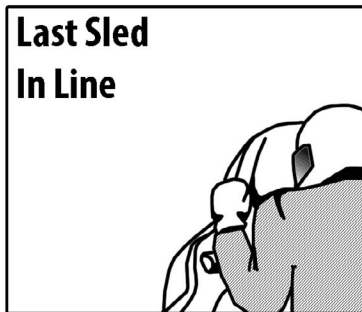
Right Turn



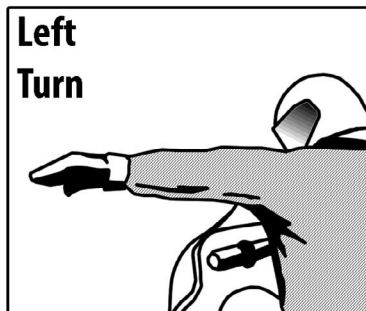
Sleds Following



Stop



Last Sled In Line

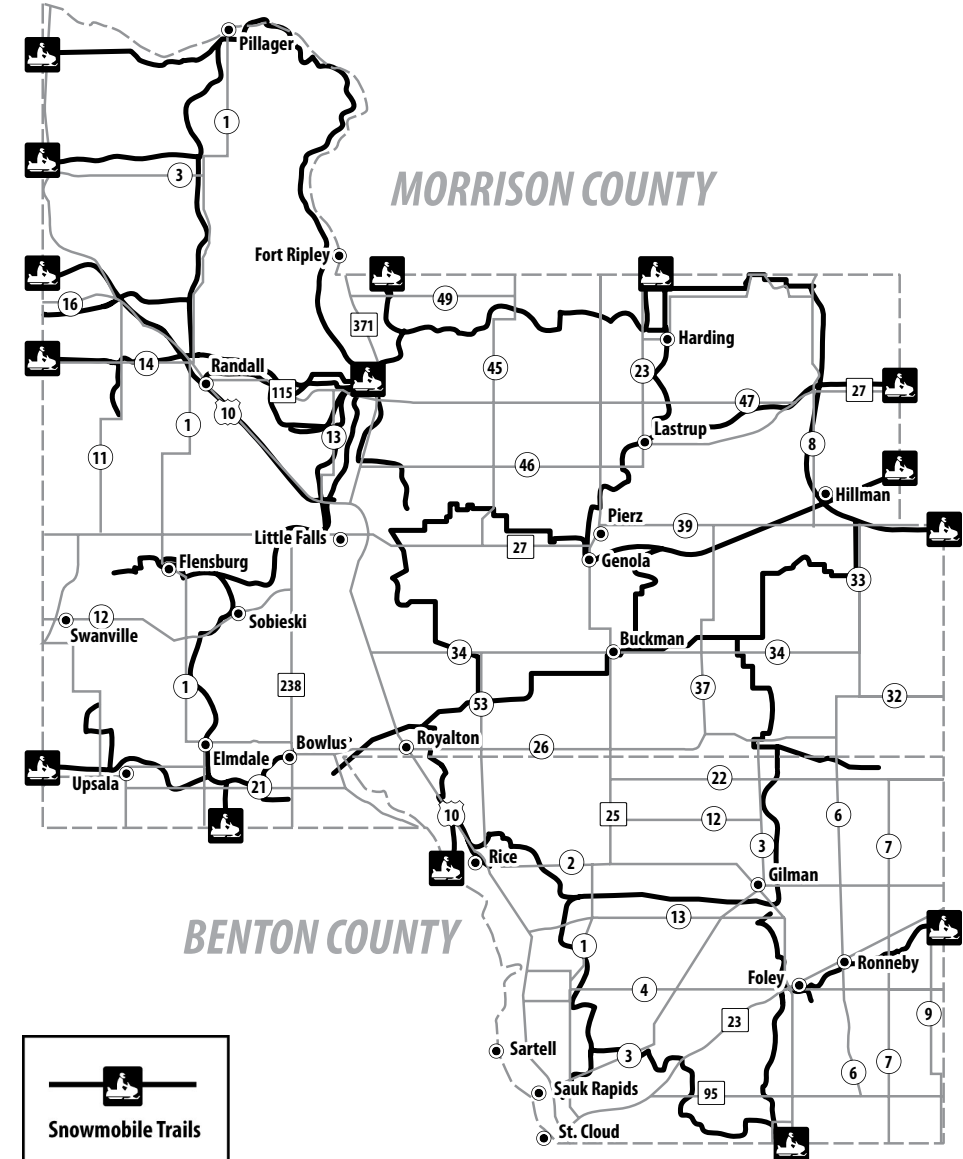


Left Turn



Oncoming Sleds

Local Area Snowmobile Trails



Home Safety

- Keep the outside of your home well-lit. Motion sensors and timers help deter burglars.
- Dead-bolts and peep-holes should be placed on all outside doors.
- Windows and sliding glass doors should have locks and be in good working order.
- Keep your garage door closed.
- Use an engraver to mark computers, cameras, stereos, TV's, tools, yard equipment, etc.
- Never leave valuables, expensive jewelry, or large amounts of cash at home. If you must, keep a list of your valuables with serial numbers to assist in insurance claims.
- Keep your car locked at all times and store all valuables out of sight.
- Guns should always be stored unloaded and with a gunlock.
- Become part of a neighborhood watch or program that is similar.
- Be suspicious of unusual people or vehicles in your neighborhood. Document the date, time, description and license plate number to give to law enforcement if needed.
- When on vacation, do not advertise your absence. Stop mail and newspaper delivery. Have a trusted friend or neighbor to give the impression you are home by stopping by to take out trash, shovel snow, mow the lawn, etc.



Carbon Monoxide Safety

PREVENTION

- Install carbon monoxide detectors near every bedroom, gas appliance and in your RV, camper or motor home and test them monthly.
- Have flues, chimneys and all fuel-burning appliances inspected by a professional annually.
- Make sure fireplaces, wood stoves, dryers, furnaces and water heaters are properly vented to the outside.
- Only burn clean and untreated wood.
- Never idle your car or gas powered vehicle in the garage, with or without the garage door open.
- Toxic fumes build up quickly and can easily contaminate your home.
- Never use gas-powered engines like weed trimmers, snow blowers, chain saws, lawnmowers or portable generators in enclosed areas.
- Never use a charcoal grill indoors or in any closed area.
- Never use a gas oven to heat your home.
- Never sleep in a room or area heated with a gas or kerosene space heater that does not have proper ventilation.

SYMPTOMS

- Headaches, severe fatigue, vomiting, nausea, muscle and joint pain, dizziness, tingling, vertigo
- Attention and multi-tasking problems, short-term memory problems, word-finding problems
- Irritability, temper, loss of interest, sleep disturbance, anxiety, lack of motivation
- Eating and swallowing difficulties, vision problems, lack of muscular coordination, speaking difficulty, ringing in the ears
- Seizures, tremors, balancing problems, shortness of breath

Carbon monoxide poisoning is easily confused with flu-like symptoms. Serious long-term health risks or death can result if warning signs are ignored. Carbon monoxide can affect you for days, weeks, months or years. High levels of carbon monoxide can be fatal within minutes.

TREATMENT

- Immediately take the victim out to fresh air.
- If the victim cannot be removed, open every window and door.
- All appliances should be turned off.
- Take the victim to an emergency room as quickly as fast as possible, or call 911.

Emergency Planning

ESCAPE ROUTES

Everyone in your family should know the best ways to exit the house in case of a disaster. Teach your young children how to open sliding doors, windows and other exits. Designate a meeting place where the family can gather after escaping from the house.

FLASHLIGHTS

The whole family needs to know where to find flashlights. Periodically check the batteries.

FULLY CHARGED CELL PHONES

All family members should keep their cell phones charged. Make a habit of charging them, while everyone is asleep. Cell phones can be lifesavers in emergencies.

LIST OF VALUABLES

Keep this document listing your possessions (and if possible, a video of your home interior) in a fireproof safe, or in a safe deposit box at a bank.

COMMUNITY EMERGENCY PLANS

Familiarize yourself with community evacuation plans and neighborhood escape routes. Post a copy of them in a highly visible place in your home.



THUNDERSTORM/TORNADO

- Remove dead branches from trees beforehand to avoid injury or damage.
- After seeing lightning, if you hear thunder in less than 30 seconds, it is recommended that you stay inside for 30 minutes after the thunder has ceased.
- The inside of a car is safer than the outside, as a lightning strike will simply pass through the car as long as you aren't in contact with any metal.
- Unplug all major appliances, as a power surge can cause serious damage.
- Avoid all tall structures and elevated areas as well as large amounts of metal.



FIRES

- Make sure that every level of your house has a smoke detector, and be sure to test them once a month. Have the family plan an emergency exit route.
- Always keep track of any stoves or high-temperature/high-voltage appliances that are running. Be sure to never leave any cooking unattended.
- Keep lighters and matches away from children.
- If a burn occurs, soak the skin in cool water. If the skin blisters, seek medical assistance.

⊕ Emergency First-Aid Tips ⊕

FIRST AID FOR CPR & HEART ATTACK

CPR

CPR is to be administered when a person is not breathing or has no pulse. Be quick to act by remembering the A,B,C's: Airway, Breathing & Circulation.

Airway:

Place the person on a firm surface, on their back. Kneel next to the person's neck and shoulders. Open the person's airway by tilting back the head and lifting the chin.

Breathing:

With the head tilted and chin lifted, pinch the nostrils shut and cover the person's mouth with yours. Give two slow breaths.

Circulation:

Find the hand position on the center of the breastbone. Place the heel of your hand on that position, with your other hand on top of the first hand. Use your upper body weight to push down. Give two compressions per second. Compress the chest at a rate equal to 100/minute. Perform 30 compressions at this rate. Repeat until an ambulance arrives.

HEART ATTACK

Symptoms of a heart attack may include any of the following:

- Uncomfortable pressure, fullness or squeezing pain in the center of the chest.
- Expanded pain in the upper abdomen.
- Shortness of breath.
- Pain or numbness in either arms, shoulders, neck, jaw or teeth.
- Dizziness or fainting.
- Nausea and sweating.

If you or someone else may be having a heart attack - follow these steps immediately:

- **DIAL 911**
- **Chew and swallow Aspirin (unless you are allergic/not allowed to)**
- **Take Nitroglycerin (only if prescribed)**
- **Begin CPR if the person is unconscious**

IN AN EMERGENCY, DIAL 911

⊕ *Emergency First-Aid 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 sunscreen 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

⊕ *Emergency First-Aid Tips* ⊕

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 with these symptoms:

CALL 911.

Administer emergency prescription medication. See if the person is carrying special emergency allergy medicine and give it to them according to the directions.

Loosen tight clothing.

Lay the person down. The person should lay down on their back with feet elevated. Turn them on their side if they are vomiting or bleeding from their mouth to prevent them from choking.

If they are not breathing - administer CPR. Most insect bite reactions are mild and cause no allergic reaction. If stung by a bee, use a straight edged object, like a credit card, to scrape away the stinger. Don't use tweezers - they can pinch more venom out of the stinger. Apply an ice pack to the area and take an over the counter pain reliever.

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 antifreeze/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.

IN AN EMERGENCY, DIAL 911

Safety Tips for Parents & For Kids

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 ask 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.

Emergency Numbers For Kids

KEEP A COPY OF THIS LIST NEAR EACH PHONE IN YOUR HOUSE

MY ADDRESS: _____

MY PHONE NUMBER: _____

MOM AT WORK: _____

MOM CELL PHONE: _____

DAD AT WORK: _____

DAD CELL PHONE: _____

NEIGHBOR: _____

EMERGENCY CONTACT: _____

POISON CONTROL: **1-800-222-1222**

EMERGENCY DIAL

911

2011

JANUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JULY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Lala's

Bar & Grill

Daily Lunch Specials & Take Out Available.
Opens at 11am • Monday - Sunday

320-433-4533
430 Oak Ave, South Haven

Appetizers

Drummies 6.95
Mini Tacos 4.95
21 Shrimp 5.95
Mushrooms 4.95
Mozzarella Sticks 5.95
Mini Corn Dogs 4.25
Jalapeño Poppers 5.95
Steak Bites 6.95

Cheese Curds 5.95
Chicken Strips 5.95
Ham & Cheese Balls 6.95
Onion Rings 5.25
French Fries 3.00
Waffle Fries 3.25
Tater Tots 3.25
Gizzards 4.95

Lala's Combo Basket onion rings, mozzarella sticks, mushrooms, drummies, & jalapeño poppers 7.95

Salads & Soups

Grilled Chicken Salad
julienne chicken breast, cheddar cheese, lettuce, tomatoes, onion & green pepper 6.95

Cup of soup for 1.75 Bowl for 2.50
Chef Salad 6.95
Taco Salad 6.95

Sandwiches

Lala's Chicken Melt grilled chicken breast dressed with cheese, onions, & bacon on grilled bread 6.75

Fajita Melt choice of chicken or steak, fajita seasoned with green & red peppers and onions on grilled bread 6.50

Chicken Cordon Bleu ham, Swiss cheese, lettuce and tomatoes 5.95

Chicken Bacon Melt Swiss & American cheese with sautéed mushrooms on grilled bread 6.75

Chicken Bacon Ranch 5.95
Chicken Mushroom Swiss lettuce & tomatoes 5.95
Grilled Chicken lettuce and tomatoes 5.95

Clubhouse turkey, ham, bacon, tomatoes, lettuce, Swiss & American cheese with mayo 6.25

Reuben corned beef, Swiss cheese, sauerkraut, thousand island dressing 5.95

Turkey Reuben 5.25
Fish Sandwich 5.25
Grilled Ham & Cheese 4.75
Grilled Cheese 4.25
Steak Sandwich 7.95
BLT 4.95

Wraps

Served with chips & pickles. Add fries for 1.25
Add waffle fries or tater tots for 1.75

Lala's Taco Wrap seasoned beef, cheddar cheese, onions, lettuce, tomatoes, & doritos chips 6.95

Chicken Bacon Wrap grilled chicken breast with bacon, lettuce, tomatoes, American cheese & ranch dressing 6.95

Club Wrap turkey, ham, bacon, lettuce, tomatoes, Swiss & American cheese with mayo 6.95

Steak Wrap w/ onions, green pepper, mushrooms & Swiss cheese 7.95

Crispy Chicken Wrap crispy chicken with bacon, lettuce, tomatoes, American cheese & ranch dressing 6.95

Chicken Buffalo Wrap grilled chicken breast with bacon, lettuce, tomatoes, American cheese, buffalo sauce & ranch dressing 6.95

Burgers

Served with chips & pickles. Add fries for 1.25
Add waffle fries or tater tots for 1.75

Lala's Burger cheeseburger topped with a generous mixture of lettuce, tomato and onion mixed with thousand island dressing & mayo 6.25

GETJAH Burger meatloaf supreme with sautéed onions, mushrooms & green pepper, w/ bacon, tomatoes, pepper jack cheese and seasoned sour cream 7.95

Hamburger 4.75

Cheeseburger 5.00

Bacon Cheeseburger American cheese 5.50

Mushroom Swiss burger sautéed mushrooms 5.25

Bourbon Burger bacon, pepper jack cheese & topped w/ our special bourbon sauce 6.25

Frisco Burger bacon, onion, tomatoes, Swiss & American cheese on grilled bread 6.25

Patty Melt 5.25

German Burger sauerkraut & Swiss cheese 5.25

California Burger lettuce, tomatoes and mayo 5.50

Shrimp Burger lettuce & tomatoes, topped with mayo and tartar sauce 5.25

South Haven Burger bacon cheeseburger with lettuce, tomatoes, mayo & BBQ sauce on the side 6.25

Onion Ring Burger bacon cheeseburger with BBQ sauce and onion rings 6.25

Baskets

Served with fries or tater tots, coleslaw & toast

21 Shrimp 6.95
Fish Basket 6.95
Half Chicken 7.95
Drummies 7.95
Chicken Strip Basket 6.95



Stop by the

Oak Park Co-op Creamery

for your spring planting needs

Handling~

Seed corn & soybeans
Corn starting at \$69/bag
Soybeans starting at \$40/bag

Chemicals~

Generic Roundup \$13/gal.
Liquid AMS \$15/gal.
(1 qt. per 100 gal. of water)

Food Products~

Bongard's cheese & butter
Schwan's ice cream & treats
Heggie's pizza

Complete Feed for~

Calves, Chickens,
Pigs, Horses,
Low-carb horse feed,
Dog & Cat food
Corn/Oats and any
custom-mixed ration

Shavings~

And many other
animal supplies

320-968-7864

**Oak Park Co-op Creamery • Right on Hwy. 23 E of Foley
16623 Ironwood Rd. NE • Oak Park, MN 56357**