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TO DOWNLOAD



2013 CALENDAR

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SCAN THE CODE THIS GUIDE



Local Area Events

JANUARY

Winter Classic Adult Racquetball Tournament | Bismarck

Valley City Youth Basketball Tournament | Bismarck Flurry Fest Volleyball Tournament | Bismarck Mandan Civic Chorus' Christmas concert | Bismarck Hollywood Blockbusters | Bismarck Dixieland Jazz Celebration | Bismarck

FEBRUARY

Cabin Fever Car Show | Bismarck
Death by Chocolate | Bismarck
NDSU Spring Career Fair | Bismarck
Tour of China Informational Seminars | Bismarck
Valley City Winter Shootout | Bismarck
Faerie Tales | Bismarck

MARCH

Artists Celebrating Christ | Bismarck All States Volleyball Tournament | Bismarck Valley City Spring Shootout | Bismarck Positively Piano | Bismarck Trio Apollo - Rush Hour Series | Bismarck

APRIL

Youth Quickstart Tennis Tournament | Bismarck Three's Company | Bismarck

MAY

Band Night Parade | Bismarck
Conservation Day | Bismarck
International Museum Day | Bismarck
USA Tennis Block Party | Bismarck
Tesoro/Boy Scouts Tree Planting | Bismarck
Symphonic Funk | Bismarck

Local Area Events

JUNE

ABATE of North Dakota State Bike Rally | Bismarck Fort Lincoln Festival Sam McQuade Sr. Budweiser Tourn. | Bismarck Buggies-n-Blues | Mandan Kaleidoscope Variety Show | Mandan

JULY

Prairie Rose State Games | Bismarck Mandan Summer Bandshell Concerts | Mandan Mandan Rodeo Days Celebration | Mandan

AUGUST

Capital A'Fair | Bismarck Old Settlers' Day & Corn Feed | Bismarck Wild West Grill Fest | Mandan Railroad Days | Mandan

SEPTEMBER

Apple Fest | Bismarck
Downtowner's Street Fair | Bismarck
Kroll's Diner North Dakota Roughrider Marathon |
Bismarck
United Tribes International Pow Wow | Bismarck

Northern Territory Slow Pitch Softball Championship | Bismarck

Bismarck Fly-In/Drive-In Breakfast | Bismarck

Mandan Fall Festival | Mandan

OCTOBER

Capital Quilt Fest | Bismarck Haunted Fort | Bismarck History Haunt | Bismarck Papa's Pumpkin Festival | Bismarck

NOVEMBER

Coming Home Country Christmas Fest | Bismarck The Big One Art & Craft Fair | Bismarck

DECEMBER

Winter Quilt Show | Bismarck
Christmas in the Park | Bismarck
Custer Christmas | Bismarck
Downtown Holiday Walk | Bismarck
Pride of Dakota Holiday Showcase | Bismarck
The Nutcracker | Bismarck
Santa Clause Day | Wing
Medcenter One Christmas Remembrance Service
| Bismarck
Medcenter One Tree Lighting Ceremony | Bismarck
High Tea & Merriment | Bismark

Central Dakota Children's Choir Christmas Concert | Bismarck

Cookie Walk | Bismarck



Burleigh County Resident Services

	(701) 222-6718 222-7528
County Agent	
County Recorder	
Director of Tax Equalization Fax	222-6691 222-7528
Regional Child Support	222-6721
Sheriff & Jail	222-6651
State's Attorney	222-6672
Superintendent of Schools .	
Veteran Services	222-6698
Victim Witness	222-6629

Morton County Residential Services

AuditorFax	
Clerk of District Court	
County Recorder	667-330
Director of Tax Equalization	
Emergency ManagmentFax	
Human ResourcesFax	
Road & BridgeFax	667-334
Sheriff & Jail	667-3330
Social Services	667-330
State's Attorney	667-3350
Superintendent of Schools	667-3490
TreasurerFax	
Veteran Services	667-336
Weed Control	667-3389

Northwest Industrial Supply Contractor Grade Tools & Supplies

- Power Tools Hand Tools Drills Nailers
 - Concrete Tools Concrete Supplies
- Concrete Patch & Repair Supplies Masonry Tools
- Compressors Safety Supplies Sealants & More

2228 E. Front Ave. • Bismarck, ND 701-258-2890

Burleigh County History (Bismarck, County Seat)

Burleigh County was established in 1873 and named in honor of Dr. Walter Burleigh, an Indian agent, physician and member of Congress. As military forts were built along the Missouri River, settlers began to arrive and communities were built. As the railroad arrived, development increased dramatically and Bismarck was selected as the County Seat. Burleigh County became a transportation hub for North Dakota. With the advent of the gold rush, an influx of settlers arrived to the area and those that stayed were predominantly farmers. Wheat, corn and livestock were shipped and agricultural advancements continued. Burleigh County began to grow with a population of 6,081 people in 1900 to 13,087 people in 1910. As the gold rush began to slow, development slowed and Bismarck became the metropolitan center of the area. Today Burleigh County is home to approximately 78,689 residents.

CITIES:

BISMARCK (COUNTY SEAT) – pop. 60,389

LINCOLN – pop. 2,273

REGAN – pop. 41

WILTON – pop. 720

WING – pop. 118

TOWNSHIPS:

APPLE CREEK – pop. 1,213

BOYD – pop. 136

CANFIELD – pop. 15

CHRISTIANIA – pop. 35

CLEAR LAKE - pop. 30

CROFTE – pop. 139

CROMWELL – pop. 27

DRISCOLL – pop. 163

ECKLUND — pop. 105

ESTERVILLE - pop. 28

FLORENCE LAKE – pop. 14

FRANCES – pop. 28

GHYLIN — pop. 36

GIBBS – pop. 981

GLENVIEW – pop. 148

GRASS LAKE - pop. 74

HARRIET-LIEN – pop. 74

TOWNSHIPS CONTD:

HAY CREEK – pop. 2,650

HAZEL GROVE – pop. 18

LOGAN – pop. 47

LONG LAKE - pop. 109

MCKENZIE – pop. 83

MENOKEN - pop. 147

MISSOURI – pop. 132

MORTON - pop. 50

NAUGHTON – pop. 141

PAINTED WOODS – pop. 111

RICHMOND – pop. 39

ROCK HILL – pop. 30

SCHRUNK - pop. 26

SIBLEY BUTTE – pop. 26

STEIBER - pop. 18

STERLING – pop. 172

TAFT – pop. 50

TELFER – pop. 64

THELMA – pop. 19

TRYGG – pop. 47

WILD ROSE - pop. 23

WILSON - pop. 50

WING – pop. 34

*Populations are approximate.

Burleigh County Communities



BISMARCK (COUNTY SEAT)

Once home to Mandan and Hidatsa tribes, Bismarck began as a fur trading post called Crossing on the Missouri. Due to its proximity to the river, the settlement was a port for military supplies to nearby forts and Indian agencies. In 1872 Bismarck was founded and named Edwinton in honor of Edwin Ferry Johnson, a railway engineer. Rail lines were built in 1873 and in an effort to attract German settlers, the Northern Pacific Railway renamed Edwinton to Bismarck, after Otto von Bismarck, a German chancellor. The first newspaper, the Bismarck Tribune, was published and is the oldest newspaper in North Dakota. As gold was discovered in the Black Hills in 1874, Bismarck began to thrive. Incorporation followed in 1875 and agriculture dominated early industry, making Bismarck a livestock, dairy and wheat trade center. In 1883 Bismarck was selected as the capital of the Dakota Territory and Burleigh's County Seat. Growth was steady and soon flour mills, grain elevators and creameries were prospering. In 1889 the Dakota Territory was divided and Bismarck was selected as the capitol of North Dakota. By 1910 Bismarck's population reached 4,913 and the area continued to attract farmers and new settlers. With the construction of the Garrison Dam north on the Missouri River in 1947, Bismarck continued to grow and by 1960 its population had grown to 27,670 people. Today Bismarck is home to approximately 60,389 residents.

WILTON

Established by General W. D. Washburn, a U.S. Senator and mill owner, Wilton was founded in 1899 and named after a town in Maine. A grain elevator, livery and feed stable were built and the area published its first newspaper, the Wilton News. The post office was founded in 1900 and Wilton began to attract new settlers with the advent of new businesses including hotels, banks, land companies, a lumber yard and specialty shops. Coal was discovered and by 1907 Wilton was home to one of the largest underground mines in the world. The community was one of the first to have electric lights in the state and its population reached over 1,000 people by 1914. As the coal resources were depleted, growth began to slow. Today Wilton is home to approximately 720 residents.



Morton County History (Mandan, County Seat)

Morton County was originally organized on March 23, 1878. The eastern section of the county was attached to Burleigh County later that year then reattached in 1881 and re-organized on February 18, 1881. The current boundaries of the county were established in 1916. A 1738 French expedition led by Louis Verendry is the earliest record of non Native American visitors to the Morton County area. Morton County was named after Oliver Perry Morton, the Governor of Indiana. Today Morton County is home to approximately 27,734 residents.

Morton County Communities

CITIES:

ALMONT - *pop*, 122

FLASHER - pop, 235

GLEN ULLIN - *pop, 815*

HEBRON - pop, 754

MANDAN - pop. 18,507

NEW SALEM - pop. 955

TOWNSHIPS:

BREIEN

CAPTAIN'S LANDING

FORT RICE

HUFF

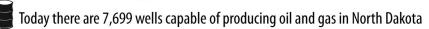
*Populations are approximate.

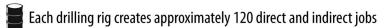
MANDAN

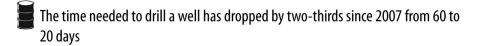
Mandan is the 6th largest city in North Dakota and is the County Seat to Morton County. Mandan was founded in 1879 and became the county seat in 1881. The town of Mandan was given its name after the Native American drive known as Mandan. The first military presence in the region was Fort Rice established in July 1864. The city continues to distribute grain, livestock, and dairy operations aided by the railroad connection. The city has a large cattle and food processing plant. Today Morton County is home to approximately 18,331 residents.

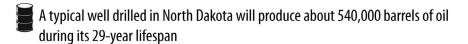


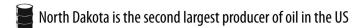
Oil Mining Facts

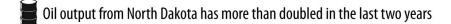




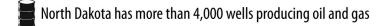








The Bakken which spans from North Dakota, Montana to part of Canada holds more oil than the Persian Gulf.









Local Area Attractions

BISMARCK ART & GALLERY ASSOCIATION

422 E Front Ave. | Bismarck | (701) 223-5986

BISMARCK BOBCATS HOCKEY

1200 N Washington St. | Bismarck | (701) 222-3300

BUCKSTOP JUNCTION

P.O. Box 941 | Bismarck | (701) 250-8575

CAMP HANCOCK STATE HISTORIC SITE

101 W Main St. | Bismarck | (701) 328-2666

CHIEF LOOKING'S VILLAGE

Burnt Boat Dr. | Bismarck | (701) 222-6455

DACOTAH SPEEDWAY

Mandan Centennial Park | Mandan | (701) 663-6843

DAKOTA WIZARDS

315 S 5th St. | Bismarck | (701) 258-2255

DAKOTA ZOO

P.O. Box 711 | Bismarck | (701) 223-7543

DOUBLE DITCH INDIAN VILLAGE

Hwy. 1804 | Bismarck | (701) 328-2666

FORMER GOVERNORS' MANSION

320 E Ave. B | Bismarck | (701) 328-2666

FORT MANDAN OVERLOOK STATE HISTORIC SITE

12th St | Washburn | (701) 328-2666

GATEWAY TO SCIENCE GALLERY

1810 Schafer St. Ste. 1 | Bismarck | (701) 258-1975

HUFF HILLS SKI AREA

Highway 1806 | Mandan

LEWIS & CLARK RIVERBOAT

401 W Main St. | Mandan | (701) 255-4233

Local Area Attractions

MANDAN AQUATIC CENTER

901 Division St. NW | Mandan | (701) 751-2223

ND GAME & FISHLOBBY WILDLIFE MUSEUM & OWLS SITE

100 N Bismarck Expressway | Bismarck | (701) 328-6300

ND HERITAGE CENTER & SAKAKAWEA STATUE

612 E Boulevard Ave. | Bismarck | (701) 328-2666

ND STATE CAPITOL TOURS

600 E Boulevard Ave. | Bismarck | (701) 328-2480

PAPA'S PUMPKIN PATCH

5001 Fernwood Dr. | Bismarck | (701) 222-1521

SUPERSLIDE AMUSEMENT PARK

Riverside Park Rd. | Bismarck | (701) 258-5038

THEODORE ROOSEVELT ROUGH RIDER HALL OF FAME

600 E Boulevard Ave. | Bismarck | (701) 328-2480

STEAMBOAT WAREHOUSE

1788 River Rd. | Bismarck | (701) 328-2666

UTTC CULTURAL ARTS INTERPRETIVE CENTER

3315 University Dr. | Bismarck | (701) 255-3285

Brighten's Thrift Shop / AID, Incorporated

AID, Inc. provides direct services, including past-due rent and utilities, to those persons and their families that reside in Morton and Burleigh counties.

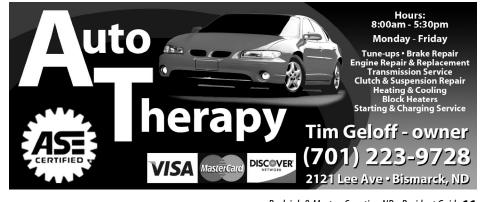
314 West Main Street, Mandan

663-2122 or 663-1274

Help Centers: Mon. - Fri. 10-4

Store Hours: Mon., Thurs. 9-7 • Tues., Wed., Fri. 9-5 • Sat. 9-3

Thursdays Are 50% OFF Storewide



Parks & Recreation

ARENA STATE GAME MANAGEMENT AREA

385th St. NE | Wing | (701) 222-6464

BUNKER LAKE STATE GAME MANAGEMENT AREA

383rd Ave. NE | Wing | (701) 222-6464

BURNT CREEK BOAT RAMP

57th Ave. NW | Bismarck | (701) 222-6464

DRISCOLL SIBLEY PARK & CAMPGROUND

43rd Ave. NE | Driscoll Township | (701) 222-6464

FLORENCE LAKE NATIONAL WILDLIFE REFUGE

288th St. NW | Wing | (701) 222-6464

FORT LINCOLN STATE PARK

4480 Fort Lincoln Rd | Mandan | (701) 667-6340

FORT RICE CAMPGROUND

Highway 1806 | Fort Rice |

GRANER PARK & SUGARLOAF BOTTOMS

Highway 1806 & Graner Park Road | (701) 667-3363

HARMON LAKE RECREATION AREA

Highway 1806 and County Road 140 | Mandan (701) 667-3363

KIMBALL BOTTOMS & CAMPGROUND

115th Ave. SE | Lincoln | (701) 222-6464

LITTLE HEART (SCHMIDT BOTTOMS)

Highway 1806 | Mandan | (701) 667-3363

MCLEAN BOTTOMS & CAMPGROUND

80th St. SE | Lincoln | (701) 222-6718

MCKENZIE SLOUGH STATE

GAME MANAGEMENT AREA

236th St. NE | McKenzie Township | (701) 222-6464

MITCHELL LAKE & CAMPGROUND

331st Ave. NE | Wing | (701) 222-6464

STECKEL PARK & CAMPGROUND

292nd Ave. NW | Wilton | (701) 222-6718

SWEET BRIAR LAKE

I-94, Exit 134 | Mandan | (701) 667-3363

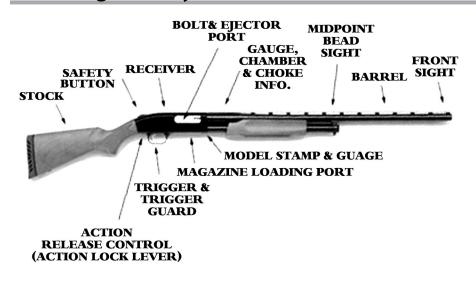
SWENSON PARK

62nd Ave. SE | Lincoln | (701) 222-6464

*For more information on Burleigh & Morton County Parks, visit: www.co.burleigh.nd.us or call: (701) 328-6300.



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:

- 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 North Dakota, 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.

Burleigh & Morton Counties, ND - Resident Guide 13

ND Hunting Seasons

For general information on firearm safety training call 1 (888) 646-6367 or (701) 328-6615.

Contact the North Dakota Game and Fish Department for specific zone areas:

Online: www.qf.nd.qov, By Phone: (701) 328-6300.

BIG GAME BIGHORN SHEEP*

(Archery) 10/19/13 - 11/08/13 10/26/13 - 11/08/13

DEER*

(Archery) 08/31/13 - 01/06/14 (Firearm) 11/09/13 - 11/25/13 (Muzzleloader) 11/30/13 - 12/16/13 (Youth) 09/14/13 - 09/23/13 (Youth Antlerless) 0pens 09/14/13

ELK*

(Archery) 09/07/13 - 09/30/13 10/05/13 - 10/31/13; 11/23/13 - 12/09/13; 10/05/13 - 12/31/13; 09/07/13 - 12/31/13;

PRONGHORN*

No Open Season

MOOSE*

(Archery) 09/07/13 - 09/30/13 10/05/13 - 10/28/13; 11/16/13 - 12/09/13

SKUNK, RABBIT, GOPHER & PORCUPINE

Continuous

FURBEARER FOX & COYOTE*

(Firearms, Traps, Archery & With Dogs) Open Year-Round (Cable Devices) TBA

MOUNTAIN LION*

(Firearms & Archery) 08/31/13 - 03/31/14 (With Dogs)TBA

UPLAND GAME

CROW*

03/09/13 - 04/21/13; 08/11/13 - 10/21/13

DUCKS, EARLY CANADA GOOSE, SNIPE & WOODCOCK*

TBA

DOVE*

09/01/13 - 10/30/13

PHEASANT*

10/13/13 - 01/06/14

SHARPTAIL, HUN, RUFFED GROUSE & TREE SQUIRREL*

09/08/13 - 01/06/14

SANDHILL CRANE*

09/15/13 - 11/11/13

SNIPE*

TBA

YOUTH PHEASANT*

10/06/13 - 10/07/13

TURKEY*

10/13/13 - 01/06/14

*Contact the ND GFD for specific zone and season information by calling: 1 (888) 646-6367.

ND Hunting & Fishing License Fees

Certain species licenses are issues by lottery and require additional application procedures. Contact the North Dakota Game and Fish Department for license availability and eligibility.

Online: www.qf.nd.qov, By Phone: (701) 328-6300.

RESIDENT

FISHING, HUNTING, FURBEARER CERTIFICATE

(Prerequisite for All Hunting/Fishing Licenses) \$1.00

GENERAL GAME & HABITAT LICENSE

(Prerequisite for Hunting Licenses) \$13.00

COMBINATION FISHING/HUNTING

(General Ages 16+) \$32.00

SMALL GAME LICENSE

(General Ages 16+) \$6.00

SANDHILL CRANE PERMIT*

\$5.00

DEER

(Gun 1st Lottery) \$20.00 (Bow) \$20.00

(Youth Gun/Bow) (Ages 16 & Under) \$10.00

PRONGHORN

(Gun 1st Lottery) \$20.00 (Bow) \$20.00

(Youth Gun/Bow Ages 16 & Under) \$10.00

FURBEARER

(Trapping/Hunting Ages 16+) \$7.00

WILD TURKEY*

(Spring/Fall 1st Lottery) \$8.00

FISHING

(General Ages 16+) \$10.00 (Husband/Wife) \$14.00 (Senior Citizen 65+ & Permanently Disabled) \$3.00 (Paddlefish) \$3.00

NON-RESIDENT

FISHING, HUNTING, FURBEARER CERTIFICATE

(Prerequisite for All Hunting/Fishing Licenses) \$2.00

GENERAL GAME & HABITAT LICENSE

(Prerequisite for Hunting Licenses) \$13.00

SMALL GAME LICENSE

(General) \$85.00

WATERFOWL

(State-Wide) \$125.00 (Zone-Restricted) \$85.00

NON-GAME

(General) \$15.00

(Furbearer & Non-Game) \$25.00

SANDHILL CRANE PERMIT*

\$5.00

DEER

(Gun 1st Lottery) \$220.00 (Bow) \$200.00

PRONGHORN

(Bow) \$200.00

WILD TURKEY*

(Spring/Fall 1st Lottery) \$80.00

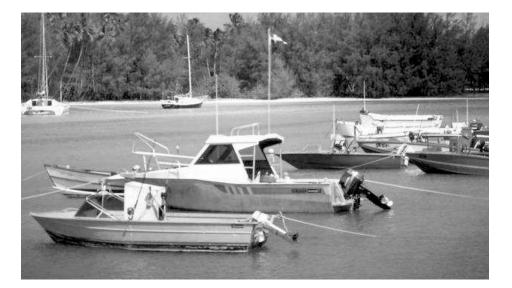
FISHING

(General Ages 16+) \$35.00 (Husband/Wife) \$45.00 (3 Day) \$15.00 (10 Day) \$25.00

^{**}You can purchase hunting and fishing licenses, crosscountry ski passes and snowmobile trail stickers through the Electronic License System. Online: www.gf.nd.gov or by phone: (701) 328-6335.

^{*}Requires small game license in addition to permit.

Burleiah & Morton Counties. ND - Resident Guide **15**



Boating Safety

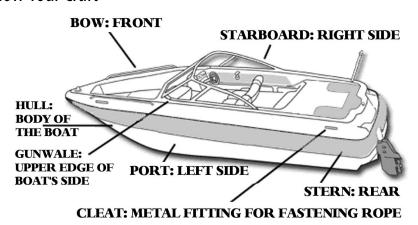
Operating Watercraft

Follow these guidelines to help prevent and prepare for capsizing, swamping, or someone falling overboard.

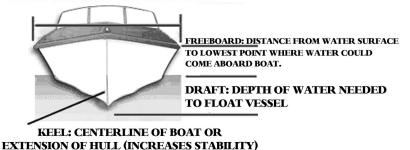
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone 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.

Boating Safety

Know Your Craft



BEAM: MAXIMUM WIDTH OF BOAT



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 old on board within reach of the controls.

North Dakota Fishing Records

Species	١	Neight	Length	Lake	Date
GAME FISH					
Bluegill	2	lbs. 12 oz.		Strawberry Lake	October 17, 1963
Brown Trout	31	lbs. 11 oz.	36 "	Missouri River	February 01, 2005
Burbot (Ling)	18	lbs. 4 oz.	41 "	Knife River	June 04, 1984
Channel Catfish	42	lbs. 1 oz.	40 "	Moon Lake	July 25, 2009
Chinook Salmon	31	lbs. 2 oz.	41 "	Missouri River	June 10, 1986
Crappie	3	lbs. 4 oz.		Lake Oahe	February 07, 1998
Cutthroat Trout	10	lbs. 1 oz.	25 "	Missouri River	August 04, 2003
Lake Trout	16	lbs. 6 oz.	33 "	Missouri River	March 06, 2012
Largemouth Bass	8	lbs. 8 oz.	22 "	Nelson Lake	February 11, 1983
Northern Pike	37	lbs. 8 oz.	48 "	Lake Sakakawea	June 21, 1968
Paddlefish	130	lbs.	74 "	Upper Missouri River	May 02, 2010
Pure Muskellunge	46	lbs. 8 oz.	54 "	New Johns Lake	July 03, 2007
Rainbow Trout	21	lbs. 4 oz.	32 "	Missouri River	March 26, 1998
Sauger	8	lbs. 12 oz.	28 "	Lake Sakakawea	October 06, 1971
Saugeye	11	lbs. 12 oz.	29 "	Lake Sakakawea	September 06, 1984
Smallmouth Bass	6	lbs. 13 oz.	19 "	Lake Darling	April 14, 2007
Tiger Muskellunge	40	lbs.	45 "	Gravel Lake	June 26, 1975
Walleye	15	lbs. 12 oz.		Wood Lake	January 01, 1959
White Bass	4	lbs. 10 oz.	19 "	Devils Lake	June 10, 2012
Yellow Perch	2	lbs. 15 oz.	15 "	Devils Lake	March 28, 1982
NONGAME FISH					
Bigmouth Buffalo	54	lbs.	42 "	Heart Butte Tailrace	June 19, 2011
Black Bullhead	4	lbs. 1 oz.	17 "	Devils Lake	May 26, 1988
Cisco	2	lbs. 8 oz.	18 "	Missouri River	October 01, 2000
Common Carp	31	lbs.		Sheyenne River	May 16, 2003
Freshwater Drum	26	lbs. 2 oz.	37 "	Lake Sakakawea	July 20, 1988
Goldeye	3	lbs. 13 oz.	20 "	New Johns Lake	May 30, 1998
Lake Whitefish	8	lbs. 11 oz.	27 "	Missouri River	March 29, 1984

Method of take is by hook and line unless marked with ** which indicates bow (archery).

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.



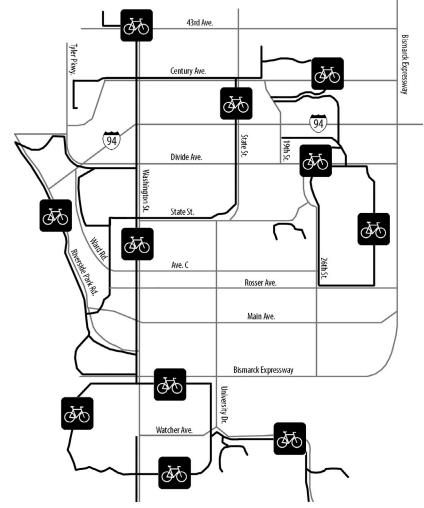
Bicycle Safety

- 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.



Bismarck Bicycle Trails





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































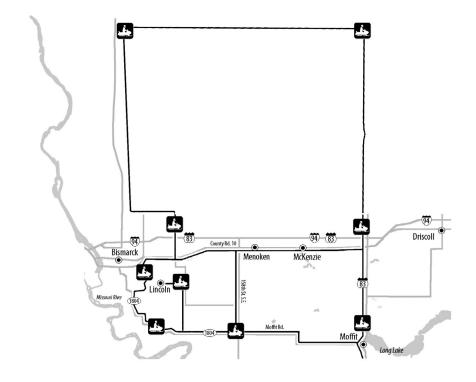






Snowmobile Trails





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.



24 Burleigh & Morton Counties, ND - Resident Guide

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
- $\bullet \ \ Attention \ and \ multi-tasking \ problems, short-term \ memory \ problems, word-finding \ problems\\$
- 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 longterm 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 Acetominophen 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



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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



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