

Free

# Area Guide



## CROW WING COUNTY, MN

- Hunting Seasons
- Fishing Seasons
- Recreation Trails
- DNR License Centers
- Residential Services
- Local Attractions
- Parks & Rec. Info
- Area History
- Local Events



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Crow Wing County



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# LOCAL AREA EVENTS

## JANUARY

Lumberjack Jaunt Ski Race | Brainerd  
Antique Snowmobile Rendezvous |  
Pequot Lakes

## FEBRUARY

Winterfest | Crosslake  
Fishing for Ducks | Garrison  
Ice Fishing Extravaganza | Brainerd  
Frozen Fore | Gull Lake  
Frozen Flop | Gull Lake

## MARCH

St. Patrick's Day Parade | Brainerd & Crosslake  
Brainerd Lakes Home Show & Expo  
Wild Game Dinner & Fundraiser | Nisswa  
Polar Bear Plunge | Breezy Point  
Ice Fest | Breezy Point  
Kids Pro Ice Races | Garrison

## APRIL

Annual Easter Egg Hunt | Crosslake, Nisswa  
Brainerd Park & Rec Easter Egg Hunt

## MAY

Cuyuna Rock, Gem, & Mineral Society Rock  
Show | Brainerd  
Spring Arts and Craft Festival | Brainerd  
Street Car Showdown | Brainerd  
Run For The Lakes | Brainerd  
Crosslake Craft & Flea Market  
Memorial Weekend Brat Fest | Crosslake  
Enchanted Pioneer Village | Brainerd

## JUNE

Lakes Jam | Brainerd  
Sporting Clays Summer Fling | Brainerd  
Annual Tour of Lakes Bicycle Ride | Brainerd  
Annual Whitefish Chain Classic Boat Show |  
Crosslake  
Nisswa Stämman Scandinavian Festival  
Cherry Car Show | Pequot Lakes  
Pine River Summerfest  
Annual Woodtick Races | Cuyuna  
Majestic Pines Art Festival | Nisswa  
Minnesota Loons & Lakes Festival | Crosslake  
Superbike Racing | Brainerd

## JULY

Crosslake Annual Fireworks | Crosslake  
Stars & Stripes Days | Pequot Lakes  
Nisswa Firecracker 5K/10K | Nisswa  
The American Celebration | Brainerd  
Pleasureland RV Show | Brainerd  
Annual Street Fest | Brainerd  
Grandpa's Run for the Walleye | Crosslake  
Night Under the Stars | Crosslake  
Crosslake Association Boat Parade  
Garrison Play Days  
Freedom Days | Nisswa  
Bean Hole Days & Arts/Crafts Fair |  
Pequot Lakes  
Emily Days Celebration  
Crosslake Music in the Square  
Crosslake Original Craft & Flea Market  
Crow Wing County Fair (July-Aug) | Brainerd  
NHRA Divisional Race | Brainerd

## AUGUST

Ideal Volunteer Fire Department Beef Feed |  
Pequot Lakes  
Swanson Melanoma Golf Tournament |  
Breezy Point  
Crazy Days | Nisswa  
Chokecherry Festival | Pequot Lakes  
National Night Out | Pequot Lakes

## SEPTEMBER

G.S.T.A. Muscle Car Shootout & CRA |  
Brainerd  
Crosslake Days  
Fall Festival | Nisswa

## OCTOBER

Fall Arts & Crafts Festival | Deerwood  
Great Pumpkin Festival | Brainerd  
Enchanted Pioneer Village | Brainerd  
Oktoberfest Pub Crawl | Gull Lake  
Oktoberfest Arts & Crafts Show | Garrison

## NOVEMBER

Holiday Arts & Crafts Festival | Brainerd  
Winter Wonderland (Nov-Dec) | Brainerd  
City of Lights Celebration | Nisswa  
Block Party | Pequot Lakes  
Celebration of Excellence | Crosslake  
Rock n Roll Xmas Spectacular (Nov-Dec) |  
Brainerd

## DECEMBER


Santa's Bobbin' Into Town! | Pequot Lakes  
Business Holiday Extravaganza | Brainerd  
Holiday at the Dam in Crosslake

*\*Events are subject to change*



**320-468-6250**

214 Main St. S • Pierz, MN 56364

 Check our Facebook page for the menu & specials

- Lunch & Dinner Specials
- Indoor & Outdoor Dining
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# RESIDENTIAL SERVICES

Administration.....	(218)824-1047
Assessment Services.....	824-1010
Attorney .....	824-1025
Community Corrections.....	454-4183
Community Services .....	824-1140
County Board.....	824-1067
Court Administration.....	824-1310
<b>Emergency .....</b>	<b>911</b>
Extension Office (Regional) .....	(612) 624-1222
Extension Office (County).....	824-1065
Highway Department.....	824-1110
Health Department .....	824-1170
Human Services .....	824-1170
Human Resources.....	822-7030
Land Services .....	824-1010
Planning & Zoning .....	824-1010
Recorder .....	824-1010
Sheriff.....	829-4749
Surveyor .....	824-1010
Treasurer.....	824-1300
Veterans Services.....	824-1058
Waste Management.....	824-1010




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The riverbanks first inhabited by Ojibwe Indians as fur trading posts. Ample timber and natural resources attracted lumbermen and miners and settlements were founded. Crow Wing County was established in 1857 and named after the Crow River. Businesses were formed to meet the growing needs of residents and settlements became towns. As the railroad was constructed and iron ore deposits were discovered, Crow Wing County began to grow dramatically from a population of 14,250 in 1900, to 24,627 in 1920. Brainerd was selected as the county seat and the area continues to thrive, attracting a variety of tourists. Today Crow Wing County is home to approximately 62,172 residents.

## CITIES:

**BAXTER** – pop. 7,610  
**BRainerd (COUNTY SEAT)** –  
pop. 13,691  
**BREEZY POINT** – pop. 2,346  
**CROSBY** – pop. 2,386  
**CROSSLAKE** – pop. 2,108  
**CUYUNA** – pop. 273  
**DEERWOOD** – pop. 573  
**EMILY** – pop. 991  
**FIFTY LAKES** – pop. 421  
**FORT RIPLEY** – pop. 73  
**GARRISON** – pop. 213  
**IRONTON** – pop. 528  
**JENKINS** – pop. 403  
**MANHATTAN BEACH** – pop. 52  
**NISSWA** – pop. 2,110  
**PEQUOT LAKES** – pop. 1,925  
**RIVERTON** – pop. 106  
**TROMMALD** – pop. 129

## TOWNSHIPS:

**BAY LAKE** – pop. 972  
**CROW WING** – pop. 1,403  
**DAGGETT BROOK** – pop. 638  
**DEERWOOD** – pop. 1,357  
**FAIRFIELD** – pop. 347  
**FORT RIPLEY** – pop. 680  
**GAIL LAKE** – pop. 126  
**GARRISON** – pop. 796  
**IDEAL** – pop. 991  
**IRONDALE** – pop. 1,240  
**JENKINS** – pop. 451  
**LAKE EDWARD** – pop. 1,995  
**LITTLE PINE** – pop. 151  
**LONG LAKE** – pop. 1,163  
**MAPLE GROVE** – pop. 830  
**MISSION** – pop. 796  
**NOKAY** – pop. 840  
**OAK LAWN** – pop. 1,735  
**PELICAN** – pop. 419

## TOWNSHIPS (continued):

**PERRY LAKE** – pop. 341  
**PLATTE LAKE** – pop. 437  
**RABBIT LAKE** – pop. 442  
**ROOSEVELT** – pop. 591  
**ROSS LAKE** – pop. 163  
**SIBLEY** – pop. 855  
**ST. MATHIAS** – pop. 669  
**TIMOTHY** – pop. 227  
**WOLFORD** – pop. 326  
*\*Populations are approximate.*

## BAXTER

Baxter was named in honor of Luther Loren Baxter, an attorney for the Northern Pacific Company, colonel, senator and judge. As the railroad was built, Baxter grew dramatically and the community was incorporated in 1939. Early industry included agriculture, but is now based on tourism. Today Baxter is home to approximately 7,610 residents.

## BRainerd (COUNTY SEAT)

Brainerd was established in 1870 by the Northern Pacific Railroad Company. The community was first known as “The Crossing,” until 1873 when it was renamed in honor of Anna Eliza Brainerd Smith, wife of the railway president. As the area began to grow, Brainerd became a transportation hub and center for timber products. It was selected as the county seat and the area has grown as a major tourist destination. Today Brainerd is home to approximately 13,691 residents.



## **BREEZY POINT**

Located in Pelican Township, Breezy Point was first known as Pelican Lake. In the 1920s, Breezy Point Resort was founded and due to a misplaced furniture order and postal confusion, the resort owners petitioned to change the town name to Breezy Point. In 1970 the name was officially changed to Breezy Point and the area has become a haven for recreational enthusiasts. Today Breezy Point is home to approximately 2,346 residents.

## **CROSBY**

Located on the Cuyuna Iron Range, Crosby was established as a mining town in the late 1800s and named after iron mine manager George H. Crosby. As mines were closed, industry became based on tourism, with a variety of attractions including the Cuyuna Country State Recreation Area. Today Crosby is home to approximately 2,386 residents.

## **CROSSLAKE**

Located in Watertown Township, Crosslake was settled in the mid 1800s as pioneers were attracted to the ample natural resources. A post office was established in 1894 and the community has grown steadily, incorporating in 1959. Today Crosslake is home to approximately 2,108 residents.

## **CUYUNA**

Settled as a mining town, Cuyuna was platted in 1908. The community was named in honor of Cuyler Adams, a local miner, developer and prospector, and his dog, Una. By 1910 the population had reached 1,000. As mines began to close, its population began to decline. Today Cuyuna is home to approximately 273 residents.

## **DEERWOOD**

First recognized as Withington, Deerwood was settled in the late 1800s and is the oldest community on the Cuyuna Iron Range. Due to postal confusion with Worthington, MN, the community was renamed Deerwood after the plentiful white tail deer found throughout the area. As the railroad was constructed, the community became a transportation hub and continued to grow. Today Deerwood is home to approximately 573 residents.

## **EMILY**

Settled in the late 1800s by loggers and lumbermen, Emily bares the same name as its nearby lake. A multitude of lakes and ample timber attracted residents and the community has become a popular recreational area. Today Emily is home to approximately 991 residents.

## **FIFTY LAKES**

Located in Allen Township, Fifty Lakes was platted in 1863 and was named in honor of the many lakes located in the area. A post office was established in 1926 and the community was incorporated in 1949. As almost two thirds of Fifty Lakes is county and state land, making this area a haven for recreational enthusiasts. Today Fifty Lakes is home to approximately 421 residents.

## **FORT RIPLEY**

Located near the Mississippi River, Fort Ripley was named in honor of General Eleazar W. Ripley, a congressman and general who served during the War of 1812. Established as a railway village, Fort Ripley is located near Camp Ripley, a training facility for the Minnesota National Guard and the Minnesota State Patrol. Today Fort Ripley is home to approximately 73 residents.

## **GARRISON**

Garrison was settled in the late 1800s and named after local surveyor, explorer and civil engineer Oscar E. Garrison in 1882. Located near Mille Lacs Lake, the community has become a popular year-round fishing area. Today Garrison is home to approximately 213 residents.

## **IRONTON**

Located near the Cuyuna Iron Range, Ironton was established as a mining and railway town. Platted by John H. Hill and E. A. Lamb in 1910, businesses were founded to meet the needs of local miners and Ironton began to grow with construction of the railroad. As mines began to close, industry has shifted to tourism and forestry. Today Ironton is home to approximately 528 residents.

## **JENKINS**

Named in honor of George W. Jenkins, a local lumber baron, the community was settled in the late 1800s. As the railroad arrived in 1895, Jenkins continued to grow and a post office was established. By 1900 the community housed hotels, restaurants, general stores and specialty shops. Jenkins was incorporated in 1969 and continues to thrive. Today Jenkins is home to approximately 403 residents.



## MANHATTAN BEACH

Manhattan Beach was settled in the late 1800s as pioneers were attracted to the ample natural resources of nearby lakes. A post office was established in 1939 and the community was incorporated in 1941. Today Manhattan Beach is home to approximately 52 residents.

## NISSWA

Nisswa, an Ojibwe name for “in the middle,” was settled in the late 1800s and first known as Hill’s Crossing. The community was platted by Leon E. Lum, an attorney who also served as the area’s first postmaster. Nisswa’s proximity to thirteen lakes has made this area a popular recreational destination. Today Nisswa is home to approximately 2,110 residents.

## PEQUOT LAKES

Settled in the late 1800s, the Pequot Lakes area was first known as Sibley and then Frogtown. A post office was established in 1896 and as the railroad was constructed, the area began to grow. The community was platted by Walter and Flora Brown in 1900 and renamed Pequot Lakes after an east coast Indian tribe. Located near the Paul Bunyan Trail, it is known as the home for Paul Bunyan’s fishing bobber and chair. Today Pequot Lakes is home to approximately 1,925 residents.

## RIVERTON

Riverton was established as a mining community in the late 1800s. A school was built in 1897 and the area grew dramatically as the Williams-Carlson Ore Company was founded. Businesses were established to meet the needs of the miners and by 1913 Riverton’s population had reached 780. As mines began to close, development began to slow. Today Riverton is home to approximately 106 residents.

## TROMMALD

Located in Wolford Township, Trommald was founded as a mining community and named in honor of A.G. Trommald, a county official. A post office was established in 1917 and Trommald was incorporated. As mines were closed, growth slowed and the area has become popular with recreational enthusiasts. Today Trommald is home to approximately 129 residents.

# CROSSLAKE MINNESOTA’S LOG VILLAGE

The Log Village in Crosslake, Minnesota is a historic site that showcases log buildings from the 1800s, providing visitors with a glimpse into the area’s pioneer past. Here’s more information about the Log Village:

**History:** The Log Village was established to preserve and display the history of the Crosslake area. It consists of several authentic log buildings that were once integral to the community’s development.

**Authentic Log Buildings:** The Log Village features various log structures, including a pioneer schoolhouse, a blacksmith shop, a homesteader’s cabin, a chapel, and a trapper’s cabin. These buildings were carefully relocated to the site and restored to their original condition.

**Pioneer Schoolhouse:** One of the main attractions at the Log Village is the pioneer schoolhouse. Visitors can step inside and experience what education was like for early settlers. The schoolhouse is furnished with period-appropriate desks, books, and other educational artifacts.

**Blacksmith Shop:** The blacksmith shop offers insight into the vital role blacksmiths played in the community. Here, visitors can see tools and equipment used by blacksmiths to craft various metal items, including horseshoes, tools, and household goods.

**Homesteader’s Cabin:** The homesteader’s cabin gives visitors a sense of the living conditions of early settlers. Inside, you can see how families lived, cooked, and slept during that era. The cabin displays authentic furniture, household items, and artifacts.

**Chapel:** The Log Village also includes a small chapel that replicates the style of early churches. The chapel provides a glimpse into the religious practices and traditions of the pioneer community.

**Guided Tours:** The Log Village offers guided tours, allowing visitors to learn about the history and significance of each building. Knowledgeable guides provide interesting insights, stories, and historical context, making the experience more engaging and informative.

**Events and Programs:** The Log Village hosts various events and programs throughout the year. These can include historical reenactments, hands-on demonstrations, workshops, and educational programs for children and adults.

**Gift Shop:** Visitors can explore a gift shop at the Log Village, which offers a range of souvenirs, books, and locally made crafts. It’s an opportunity to find unique items that reflect the history and culture of the Crosslake area.

**Community Engagement:** The Log Village actively involves the local community through volunteer opportunities, educational outreach, and special events. It serves as a gathering place for people interested in preserving and celebrating the area’s heritage.

The Log Village in Crosslake, Minnesota, provides a fascinating glimpse into the pioneer history of the region. It offers an immersive experience, allowing visitors to step back in time and learn about the challenges and achievements of early settlers.







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**Composting:** Decreases the amount of trash in landfills and reduces carbon emissions.

**Plant Trees:** Planting trees is a classic Earth Day activity.

**Local Food:** Buy local sustainable food.

**Clean-Up Events:** Organize or participate in local clean-up efforts.

**Upcycle Crafts:** Get creative by turning old items into new useful objects.



# PARKS & RECREATION

## CROW WING STATE PARK

3124 State Pk. Rd. | Brainerd | (218) 825-3075  
Located on 3,115 acres near the Mississippi River, the Crow Wing State Park features a campground, boat landing with fishing opportunities, recreational trails, picnic areas and many historic sites.

## CUYUNA COUNTRY STATE REC. AREA

307 3rd St. | Ironton | (218) 772-3690  
Located on 4,626 acres of a former mining pit, Cuyuna Country State Park features a campground, canoe landing with fishing opportunities, swimming beach, 8 miles of paved trails, single track mountain biking trails, picnic areas, the Croft Mine Historical Site and is a popular area for scuba divers.

## LARSON LAKE FOREST RECREATION AREA

County Rd. 10 | Deerwood | (218) 824-1010  
Located near Deerwood, the Larson Lake Forest Recreation Area features large white and red pine trees, recreational trails and picnic areas.

## LUM PARK

1619 NE Washington St. | Brainerd | (218) 828-2320  
Located in Brainerd near the Franklin Arts Center. The 38 acre park includes shelters, charcoal grills, pavilions (available by reservation), playground, public beach, boat landing, fishing pier, two sand volleyball courts, 18-hole disc golf course, 18 RV campsites, campground and public restrooms.

## MILFORD MINE MEMORIAL PARK

26351 Milford Lake Dr. | Crosby  
Located near Milford Lake, Milford Mine Memorial Park was established in honor of the Milford Mine Tragedy in 1924, when 41 miners were killed by flood. It features a canoe landing, picnic shelter, nature trails, interpretive displays, reflective walk and a memorial honoring those lost in the tragedy.

## NORTHLAND ARBORETUM

14250 Conservation Dr. | Baxter | (218) 829-8770  
Located near Brainerd, the Northland Arboretum features a Nature Conservancy, restored prairies, wetlands, and over 130 bird species.

## PAUL M THIEDE FIRE TOWER PARK

5230 County Road 11 | Pequot Lakes  
Fire Tower Park features a historic fire tower that is open for the public to climb, walking trails, restroom and a picnic shelter.

## ROLLIE JOHNSON NATURAL & RECREATIONAL AREA

Pequot Lakes  
The park features hiking trails and a campground.

## SOUTH LONG LAKE COMMUNITY PARK

7398 S Long Lake Bay Rd. | Brainerd  
Donated by John and Barbara Burton, South Long Lake Community Park features a boat landing with fishing opportunities, nature trails and picnic areas.



## AMAZING MYSTERY MAZE

32792 Paul Bunyan Trail Dr. | Pequot Lakes | (218) 568-6995

## BRainerd FAMILY YMCA

602 Oak St. | Brainerd | (218) 829-4767

## BRainerd INTERNATIONAL RACEWAY

5523 Birchdale Rd. | Brainerd | (218) 824-7223

## BRainerd LAKES AREA WELCOME CENTER

7393 State Highway 371 | Brainerd | (218) 829-2838

## BRainerd PUBLIC LIBRARY

416 S 5th St. | Brainerd | (218) 829-5574

## BROTHERS MOTOR SPORTS

7915 State Hwy. 210 | Baxter | (218) 829-6656

## CHARLES LINDBERGH HOUSE AND MUSEUM

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

## COPPER CAT ESCAPE GAMES

605 Laurel St. | Brainerd | (218) 270-4305

## CRAGUN'S LEGACY COURSES

11496 E Gull Lake Dr. | Brainerd | (218) 825-2789

## CROSSLAKE AREA HISTORICAL SOCIETY VILLAGE

35404 Co. Rd. 3 | Crosslake | (218) 692-5400

## CROSSLAKE LOG VILLAGE

35404 Co. Rd. 3 | Crosslake | (218) 692-5400

## CROSSLAKE TRAIN CLUB

36184 Co. Rd. 66 | Crosslake | (218) 692-1900

## CROSSWOODS GOLF COURSE

35878 Co. Rd. 3 | Crosslake | (218) 692-4653

## CROW WING COUNTY HISTORICAL SOCIETY MUSEUM

320 Laurel St. | Brainerd | (218) 829-3268

## CUYUNA IRON RANGE HERITAGE NETWORK & SOO LINE DEPOT MUSEUM

101 st St. NE | Crosby | (218) 546-6178

## CUYUNA LAKES MOUNTAIN BIKE TRAILS

17934 Co. Rd. 30 | Ironton

## DEEP PORTAGE CONSERVATION RESERVE

2197 Nature Center Dr. NW | Hackensack | (218) 682-2325

## DON ADAMSON FIELD

411 E River Rd. | Brainerd

## FRANKLIN ART CENTER

1001 Kingwood St. | Brainerd | (218) 454-0824

## GLACIER ICE HOUSE

11287 Ash Ave. | Brainerd | (218) 454-1078

## GRAND CASINO MILLE LACS

777 Grand Ave. | Onamia | (320) 532-7777

## HEARTLAND SYMPHONY ORCHESTRA

122 1st St. SE | Little Falls | (800) 826-1997

## HISTORIC PINE RIVER RAILWAY DEPOT

102 Barclay Ave. W | Pine River

## KICKS ON ROUTE 66

36066 Co. Rd. 66 | Crosslake | (612) 963-0169

## LAKES PARTY & BOUNCEHOUSE

15840 Audubon Way | Brainerd | (218) 389-4549

## MILLE LACS INDIAN MUSEUM & TRADING POST

43411 Oodena Dr. | Onamia | (320) 532-3632

## MINNESOTA INBOARD WATER SPORTS

15779 Edgewood Dr. N | Baxter | (218) 822-4401

## MINNESOTA MILITARY MUSEUM

15000 Hwy. 115 | Little Falls | (320) 616-5050

## MOUNT SKI GULL

9898 County 77 Southwest | Nisswa | (218) 963-4353

## NATIONAL LOON CENTER

14303 Gould St. | Crosslake | (218) 692-5666

## NISSWA FAMILY FUN WATERPARK

4871 Co. Rd. 77 | Nisswa | (218) 820-3046

## NORTH CENTRAL MOTOR SPEEDWAY

9651 MN-371BUS | Brainerd | (218) 828-1545

## NORTHLAND ARBORETUM

14250 Conservation Dr. | Baxter | (218) 829-8770

## NORTHLAND KART KOUNTRY

17568 MN-371 | Brainerd | (218) 454-1602

## OSPREY NEST

9338-9488 Co. Rd. 11 | Breezy Point

## OUTBACK TRAIL RIDE INC.

12210 Pillsbury Forest Rd. | Pillager | (218) 746-3990

## PAUL BUNYAN EDUCATION COOPERATIVE

804 Oak St. 3rd Floor | Brainerd | (218) 454-5500

## PAUL BUNYAN LAND, THIS OLD FARM MUSEUM PIONEER VILLAGE & CAMPGROUND

17553 MN-18 | Brainerd | (218) 764-2524

## PAUL BUNYAN WATER PARK & RECREATION CENTER

6967 Lake Forest Rd. | Baxter | (218) 822-5634

## PEQUOT LAKES HISTORICAL SOCIETY

4285 Tower Square | Pequot Lakes | (218) 568-2199

## PINE RIVER RIDING STABLE

2301 40th Ave. SW | Pine River | (218) 587-5807

## PIRATE'S COVE ADVENTURE GOLF

5197 Birchdale Rd. | Brainerd | (218) 828-9002

## SAFARI NORTH WILDLIFE PARK

8493 MN-371 | Brainerd | (218) 454-1662

## SEA SERPENT

2nd Ave. SW. | Crosby | (218) 546-8131

## SEABERG MOTORSPORTS

36160 Co. Rd. 66 | Crosslake | (218) 692-2345

## THREE BEARS LODGE WATER PARK

15739 Audubon Way | Brainerd | (218) 824-3232

## WILDWEDGE GOLF & MINI GOLF & MAZE

32792 Paul Bunyan Trl. Dr. | Pequot Lakes | (218) 568-6995

## WILLIE WALLEYE

Main St. & 1st Ave. | Baudette



# FISHING SEASONS



- INLAND WATERS**  
**Lake Trout**  
 12/30/23 - 03/31/24  
 Lakes entirely within the BWCA
- Lake Trout**  
 01/13/24 - 03/31/24  
 Lakes partially or completely outside the BWCA
- Bullhead**  
 03/01/24 - 02/28/25
- Burbot (eelpout)**  
 03/01/24 - 02/28/25
- Channel Catfish**  
 03/01/24 - 02/28/25
- Cisco (tullibee), whitefish**  
 03/01/24 - 02/28/25
- Crappie**  
 03/01/24 - 02/28/25
- Gar**  
 03/01/24 - 02/28/25
- Other**  
 03/01/24 - 02/28/25
- Perch**  
 03/01/24 - 02/28/25
- Rock Bass**  
 03/01/24 - 02/28/25
- Smelt**  
 03/01/24 - 02/28/25
- Sunfish**  
 03/01/24 - 02/28/25
- White Bass**  
 03/01/24 - 02/28/25
- Flathead Catfish**  
 04/01/24 - 11/30/24
- Largemouth Bass**  
 05/11/24 - 02/23/25  
 Northeastern Minnesota

- Northern Pike**  
 05/11/24 - 02/23/25
- Sauger**  
 05/11/24 - 02/23/25
- Smallmouth Bass**  
 05/11/24 - 02/23/25  
 Northeastern Minnesota
- Walleye**  
 05/11/24 - 02/23/25
- Largemouth Bass**  
 05/25/24 - 02/28/25,  
 Statewide except the northeast
- Smallmouth Bass**  
 05/25/24 - 09/08/24,  
 Statewide except the northeast
- Sturgeon - catch-and-release**  
 06/16/24 - 04/14/25
- Smallmouth Bass - catch-and-release**  
 09/09/24 - 02/23/25,  
 Statewide except the northeast

*\*Contact the MN DNR for specific zone information/ dates:*  
 1 (888) 646-6367  
[www.dnr.state.mn.us](http://www.dnr.state.mn.us)  
 scan the QR code



(Fishing licenses are effective from March 1 to the last day of February of the following year. A fishing license for the current 2024-25 license year is effective until Feb. 29, 2025.)

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# HUNTING SEASONS

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

Contact the MN DNR for specific zone areas/dates:

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

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

## HUNTING

### Bear

08/16/24 Baiting start date - Permit areas & no-quota area

09/1/24 - 10/13/24 Permit areas & no-quota area

### Deer

09/14/24 - 12/31/24 Archery - Statewide

10/17/24 - 10/20/24 Early Antlerless

10/17/24 - 10/20/24 Youth - Statewide

11/9/24 - 11/24/24 Firearm (Season A) 100

Series permit areas

11/9/24 - 11/17/24 Firearm (Season A) 200 &

300 Series permit areas

11/23/24 - 12/1/24 Firearm (Season B) 300

Series permit areas

11/30/24 - 12/15/24 Muzzleloader - Statewide

### Badger

10/19/24 - 03/16/25 North furbearer zone

10/26/24 - 03/16/25 South furbearer zone

### Bobcat

12/14/24 - 01/19/25

North of I-94 & U.S. Highway 10

### Fox, Gray & Red

10/19/24 - 03/15/25 North furbearer zone

10/19/24 - 03/15/25 South furbearer zone

### Opossum

10/19/24 - 03/15/25 North furbearer zone

10/19/24 - 03/15/25 South furbearer zone

### Rabbit

09/14/24 - 02/28/25 Jack - Statewide

09/14/24 - 02/28/25 Cottontail & Snowshoe

Hare - Statewide

### Raccoon

10/19/24 - 03/15/25 North furbearer zone

10/19/24 - 03/15/25 South furbearer zone

### Squirrel, Gray & Fox

09/14/24 - 02/28/25 Gray & Fox - Statewide

### Grouse

09/14/24 - 01/1/25 Ruffed & Spruce - Statewide

09/21/24 - 12/4/24 Sharp-Tailed -

Northwest zone

### Pheasant

10/12/24 - 01/1/25 Ring-Necked - Statewide

### Wild Turkey

04/17/24 - 05/31/24 Spring - Youth - Statewide

04/17/24 - 05/31/24 Spring - Archery - Statewide

04/17/24 - 04/23/24 Spring - A season - Statewide

04/24/24 - 04/30/24 Spring - B season - Statewide

05/1/24 - 05/7/24 Spring - C season - Statewide

05/8/24 - 05/14/24 Spring - D season - Statewide

05/15/24 - 05/21/24 Spring - E season - Statewide

05/22/24 - 05/31/24 Spring - F season - Statewide

09/28/24 - 10/27/24 Fall - Statewide

## TRAPPING

### Badger

10/19/24 - 03/16/25 North furbearer zone

10/26/24 - 03/16/25 South furbearer zone

### Bobcat

12/14/24 - 01/19/25 North of I-94 & U.S.

Highway 10

### Fox

10/19/24 - 03/15/25 Gray & Red - North furbearer zone

10/19/24 - 03/15/25 Gray & Red - South furbearer zone

### Opossum

10/19/24 - 03/15/25 North furbearer zone

10/19/24 - 03/15/25 South furbearer zone

### Rabbit

09/14/24 - 02/28/25 Jack - Statewide

09/14/24 - 02/28/25 Cottontail & Snowshoe

Hare - Statewide

### Raccoon

10/19/24 - 03/15/25 North furbearer zone

10/19/24 - 03/15/25 South furbearer zone

### Squirrel

09/14/24 - 02/28/25 Gray & Fox - Statewide

*\*Check the MN DNR website for updates.*

<https://www.dnr.state.mn.us>

or scan the QR code



- ◆ **Wear Blaze Orange!** Being mistaken for a deer, can be deadly
- ◆ **Scout the Area:** Before the hunting season begins, spend time scouting the hunting area. Look for deer signs such as tracks, droppings, rubs, and scrapes
- ◆ **Practice Stealth and Scent Control:** Deer have an excellent sense of smell and can be easily spooked by human scent
- ◆ **Know the Local Regulations and Laws:** Before you head out on your hunting trip, familiarize yourself with the local hunting regulations and laws.

Remember that ethical hunting practices, respect for wildlife, and safety should always be paramount while participating in any hunting activity. Additionally, always make sure to follow local hunting guidelines and regulations to protect the environment and wildlife populations.  **HAPPY HUNTING!**



You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online: [www.dnr.state.mn.us](http://www.dnr.state.mn.us), Toll-Free: (888) 665-4236 or visit one of the ELS agents available throughout Crow Wing County:

## **BAXTER**

### **DICK'S SPORTING GOODS (#1319)**

13499 Elmwood Dr. | Baxter | (218) 297-0480

### **FLEET FARM**

14114 Dellwood Dr. | Baxter | (218) 829-1565

### **HOLIDAY STATIONSTORE (#51)**

15052 Dellwood Dr. N | Baxter | (218) 825-1978

### **BAXTER HOLIDAY**

7472 Excelsior Rd. | Baxter | (218) 829-7808

### **SPEEDWAY (#4544)**

14963 Edgewood Dr. | Baxter | (218) 829-9213

### **WALMART SUPERCENTER (#1654)**

7295 Glory Rd. | Baxter | (218) 829-2220

## **BRAINERD**

### **CASEY'S #4264**

3325 Oak St. | Brainerd | (218) 825-0715

### **CASEY'S GENERAL STORE (#3654)**

850 Lumpark Rd. | Brainerd | (515)-965-6517

### **GOODSTOP #4265**

17977 Hwy. 371 | Brainerd | (218) 828-7087

### **HOLIDAY STATIONSTORE (#30)**

424 6th St. S. | Brainerd | (218) 829-0984

### **MILL AVENUE HOLIDAY**

1500 Mill Ave. | Brainerd | (218) 828-0076

### **SPEEDWAY (#4076)**

1223 6th St. S. | Brainerd | (218) 829-0568

## **BRAINERD (CONTD)**

### **THE CORNER STORE DEPOT**

12857 Cty. Hwy. 18 SW | Brainerd | (218) 824-2007

### **WEIDELL HARDWARE, LLC**

19124 Bocks Corner | Brainerd | (218) 764-2945

### **WILD RICE DEPOT, LLC**

9360 Wild Rice Dr. | Brainerd | (218) 829-5847

## **BREEZY POINT**

### **BREEZY POINT HARDWARE**

8170 Co. Rd. 11 | Breezy Point | (218) 562-4691

### **PELICAN SQUARE**

30211 Co. Rd. 4 | Breezy Point | (218) 562-4040

## **CROSBY**

### **C I CONVENIENCE**

1029 Oak St. | Crosby | (218) 546-7300

### **HOLIDAY STATIONSTORE (#128)**

103 3rd Ave. SW | Crosby | (218) 546-6120

### **OARS-N-MINE**

22640 Hwy. 6 N | Crosby | (218) 546-6912

## **CROSSLAKE**

### **CROSSLAKE HOLIDAY**

35610 Co. Rd. 66 | Crosslake | (218) 692-2708

### **MOONLITE SQUARE**

37735 Co. Rd. 66 | Crosslake | (218) 692-2998

### **YOUR CROSS LAKE MARINA**

36624 Co. Rd. 66 | Crosslake | (218) 692-3850

## **DEERWOOD**

### **HANSEN'S HUNTERS BAY STORE**

14879 Hwy. 6 | Deerwood | (218) 678-2051

### **HOLIDAY STATIONSTORES #450**

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## **EMILY**

### **HOLIDAY STATIONSTORE (#451)**

21004 Co. Rd. 1 | Emily | (218) 763-4411

### **REDDING'S SPORTS & SPIRITS**

20996 Co. Rd. 1 | Emily | (218) 763-2191

## **FORT RIPLEY**

### **FORT RIPLEY GAS LLC**

617 Front St. | Ft. Ripley | (320) 639-0006

## **GARRISON**

### **GARRISON SPORTS, LLC.**

9737 Hwy. 169 | Garrison | (320) 692-4477

### **HOLIDAY STATIONSTORE (#240)**

27390 Hwy. 18 | Garrison | (320) 692-4124

### **TUTT'S BAIT & TACKLE**

27358 Hwy. 18 | Garrison | (320) 692-4341

## **MERRIFIELD**

### **SPEEDWAY (#4762)**

11027 Crystal Lake Rd | Merrifield | (218) 829-8672

## **NISSWA**

### **DAVE'S SPORTLAND BAIT & TACKLE**

23910 Hazelwood Dr. S | Nisswa | (218) 963-2401

### **HOLIDAY STATION STORE (#166)**

4917 Co. Rd. 77 | Nisswa | (218) 963-2946

## **PEQUOT LAKES**

### **SPEEDWAY (#4409)**

30813 Hwy. 371 S | Pequot Lakes | (218) 568-8640

## **PINE RIVER**

### **SPEEDWAY (#4384)**

34230 State Hwy 371 | Pine River | (218) 568-7272



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**Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:**

- **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved.
- **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water.
- **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely.
- **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly.
- **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents.
- **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather.
- **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you.
- **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way.
- **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina.
- **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.



**By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.**

# YOUR Help is NEEDED!

Do  
**NOT**  
Transport  
Invasive:  
• Fish  
• Invertebrates  
• Aquatic Plants



# CLEAN. DRAIN. DISPOSE.

## KNOW THE LAW! YOU MAY NOT...

- TRANSPORT WATERCRAFT WITHOUT REMOVING THE DRAIN PLUG.
- ARRIVE AT LAKE ACCESS WITH DRAIN PLUG IN PLACE.
- TRANSPORT AQUATIC PLANTS, ZEBRA MUSSELS, OR OTHER PROHIBITED SPECIES ON ANY ROADWAY.
- LAUNCH A WATERCRAFT WITH PROHIBITED SPECIES ATTACHED.
- TRANSPORT WATER FROM LAKES OR RIVERS.
- RELEASE BAIT INTO THE WATER.



PLEASE, EAT REZPONZIBLY.



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hourz of operation and eventz

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**TOOLS • GIFTS • HOUSEHOLD • LIVING ROOM • BEDROOM • DINING**

# Fishing

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



# HONEY *Glazed* CHICKEN



Simple *meal* with a *Gourmet* Feel

## INSTRUCTIONS

- 1 Preheat the oven to 375°F (190°C).
- 2 In a small bowl, whisk together the honey, soy sauce, olive oil, apple cider vinegar, garlic, salt, and pepper.
- 3 Place the chicken breasts in a baking dish and pour the honey glaze over the chicken, making sure it's evenly coated.
- 4 Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and no longer pink in the center.
- 5 After 15 minutes of baking, remove the chicken from the oven and brush the remaining honey glaze over the chicken. Return the chicken to the oven and continue baking.
- 6 Once done, remove from the oven and let rest for a few minutes before serving.
- 7 You can garnish with sesame seeds and chopped green onions if you like.

*Enjoy your delicious  
honey glazed chicken!*

PREP: 10 MIN • TOTAL: 40 MIN

Send in  
*your* Favorite  
Recipe

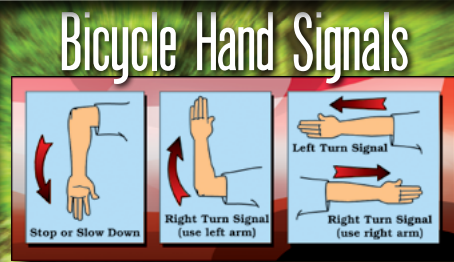
For a chance to  
be published in our  
next guide!

[info@lincolnmarketing.us](mailto:info@lincolnmarketing.us)



# Be Aware of your Surroundings

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



## Drink lots of Water!



# Know Your ATV

## Read the owner's manual

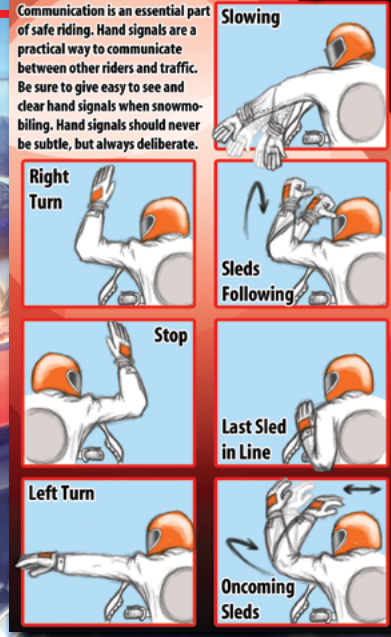
and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don't lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of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

# SNOWMOBILE 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.

## Snowmobile Hand Signals

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

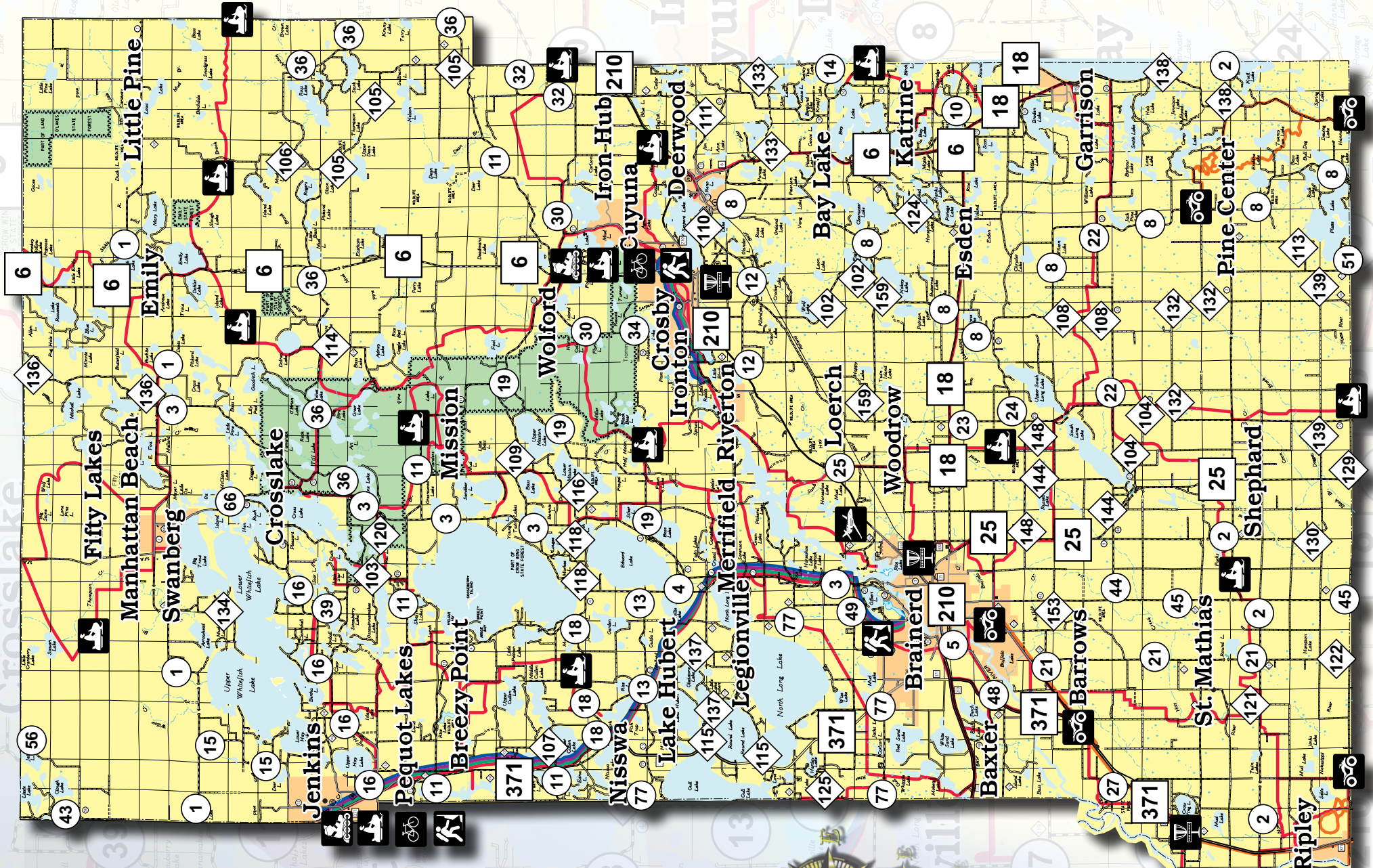


**PRIVATE PROPERTY**  
NO TRESPASSING

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



# CROW WING COUNTY TRAILS



-  Snowmobile Trail
-  Bicycle Trail/Route
-  Hiking Trail
-  ATV Trail
-  In-Line Skating
-  Disc Golf Course Locator
-  Airport Locator





# So, You have decided to get a pet... NOW WHAT??

**Commitment and Time:** Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

**Choose the Right Pet for Your Lifestyle:** Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

**Proper Nutrition:** Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

**Regular Exercise:** Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

**Routine Veterinary Care:** Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

**Spaying/Neutering:** Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

**Training and Socialization:** Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

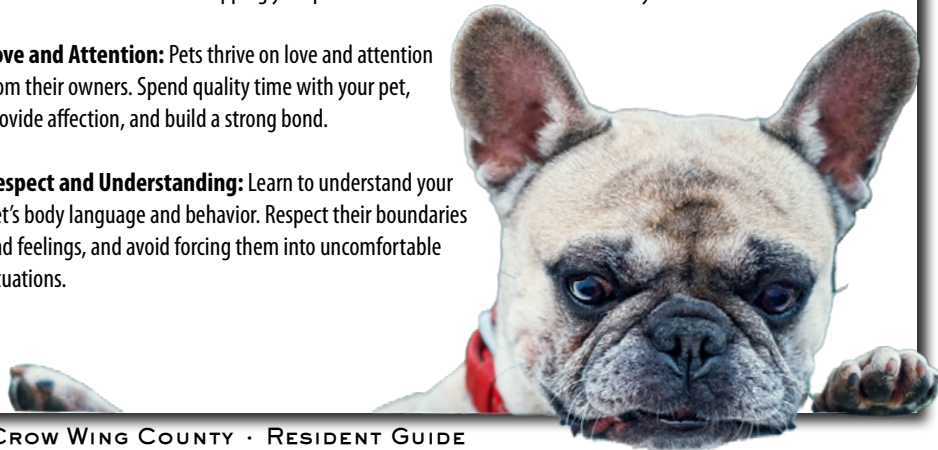
**Provide a Safe Environment:** Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

**Grooming:** Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

**Identification and Microchipping:** Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra measure to ensure they can be identified if lost.

**Love and Attention:** Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.

**Respect and Understanding:** Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.



**Patience and Forgiveness:** Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.

**Emergency Preparedness:** Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

**If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE:**

### 3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

### 3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

### 3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?

## DOG PARKS

### Buster Dog Park

1101 E River Rd. | Brainerd  
(218) 828-2320





# Mosquitoes

## Prevention & Health Risks



### A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are:

- Bats
- Frogs
- Fish
- Turtles
- Birds
- Dragonflies



To help repel mosquitoes, plant some of the different vegetation listed:

- Citronella
- Geranium
- Eucalyptus
- Rosemary
- Basil
- Anise
- Mint
- Marigolds
- Catnip
- Wormwood
- Tansy
- Lavender
- Cedar
- Cloves

Don't have stagnant water sitting around in things like buckets or tires.

### BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are:

- Dengue
- Encephalitis
- Malaria
- Yellow Fever.

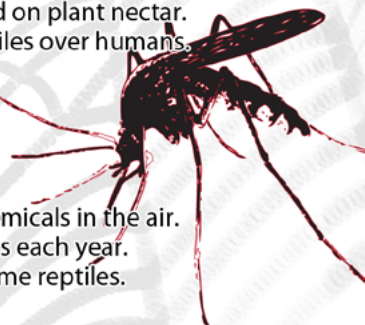
Mosquitoes can also transmit diseases to animals. A couple of these diseases are:

- Heartworm (mostly to dogs & cats)
- Encephalitis.

To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

### RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- There are around 50 different mosquito species in the Upper Midwest.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



# TICKS

## Diseases & Prevention



You can get a tickborne disease if you are bitten by a tick that is infected • Tickborne diseases are increasing throughout the United States. • Personal protection methods can help reduce the odds of a tick bite while enjoying the outdoors

### Some symptoms of a tickborne disease

- Many tickborne diseases have similar symptoms
  - Symptoms usually show up within 2-4 weeks of being bitten
- Watch for symptoms like:

- Rash
- Fever
- Headache
- Fatigue
- Muscle or joint aches



### Tick Removal



Prompt tick removal is important.

Use tweezers to grasp the tick close to its mouth. Gently and slowly pull the tick straight outward.

Do not squeeze the ticks' body.

Wash the area and apply an antiseptic to the bite.

Watch for early signs and symptoms of a tickborne disease. Don't use folk remedies like Petroleum Jelly or a burnt match.

Blacklegged Tick Coverage

American Dog Tick Coverage

Lone Star Tick Coverage

Blacklegged (Deer) Tick  
Lyme disease  
Anaplasmosis  
Babesiosis  
Ehrlichiosis  
Powassan virus disease

American Dog (Wood) Tick  
Rocky Mountain Spotted Fever  
Tularemia

Lone Star Tick  
Ehrlichiosis  
Tularemia  
Heartland virus disease  
Southern Tick-Associated Rash Illness (STARI)



### Protect Yourself from Tickborne Diseases

**1-Know when and where you're at risk**

- Primarily Mid-May through Mid-July
- Wooded and brushy areas – Blacklegged Tick
- Grassy or wooded areas – American Dog Tick

**2-Wear EPA-registered tick repellent**

- DEET 20-30% on skin or clothing
- Permethrin 0.5% on clothing

**3-Check yourself for ticks**

- Shower after being outdoors
- Check at least once a day
- Remove ticks ASAP!



# Be smart...



Take good care of your skin

*The skin is an organ and helps protect against heat, sunlight, injury, and infections. This is why it is important to always protect it. Overexposure to the sun can be linked to some skin cancers. Ultraviolet rays from the sun or sunlamps can also cause eye problems, weakened immune system, age spots, wrinkles, and leathery skin.*

## • Protect your skin

Wear proper clothing like long-sleeved shirts and pants. Also protect your head and eyes with a hat and UV-resistant sunglasses.

Remember that you can also fall victim to the sun on a cloudy day as well as in the winter.

Sunburns increase the risk of developing skin cancer. It is especially important that children don't get a sunburns.

Peak burning hours, according to the Centers for Disease Control and Prevention and the World Health Organization, are between 10 a.m. and 4 p.m.

Reflective surfaces, like water, snow, and sand can reflect sun rays and make them more intense.

You experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

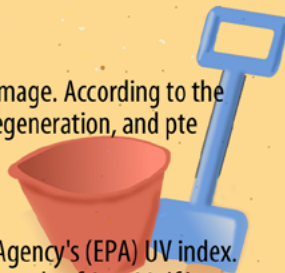
Use a broad-spectrum sunscreen to cover all exposed skin. The FDA recommends using sunscreens that are broad spectrum and have a sun protection factor (SPF) value of at least 15. Re-apply sunscreen throughout the day.

## • Protect your eyes

UV rays can penetrate the structures of your eyes and cause cell damage. According to the CDC, some sun-related vision problems cause cataracts, macular degeneration, and pterygium.

## • UV index

Before going outside you can check the Environmental Protection Agency's (EPA) UV index. To see the intensity of UV rays for the day. The index measures on a scale of 1 to 11. If its low on the UV index you will require less protection and a high UV index will require a lot more protection.



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