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 **Bring your own reusable shopping bags with you to the supermarket or the mall.**


 **Donate your unwanted clothing to a local charity.** Eyeglasses, household items, electronics and even vehicles can be accepted.


 **Recycle your used ink and toner cartridges.** Most office supply stores accept used cartridges.

 **Recycle your used batteries.** This prevents poisonous mercury from seeping into our water supplies and soil. Switch to rechargeable ones.


 **Switch to unbleached toilet paper, paper towels and coffee filters.** Avoiding bleached products can help preserve our water supply and soil.


# Reduce - Reuse - Recycle


 **Unplug any unused appliances.** Your cellphone charger uses electricity, even when your phone isn't charging - especially if you are not going to be home.

 **Bring your own lunch.** You'll avoid using non-recyclable styrofoam to-go containers and unnecessary throw-away packaging.

 **Start a compost bin in your yard.** There are even ones that you can store under your kitchen sink.

 **Be crafty.** Let old items be an inspiration for a craft project and repurpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts and bolts.

 **Have a green-cleaning product party.** Invite your friends over to make enough vinegar-based homemade cleaners to share.

 **Run your washer/dryer/dishwasher after 5pm.** This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent blackouts.

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# LOCAL AREA EVENTS

## JANUARY

Nature of Romance | throughout Door County  
Frosty Fest | Egg Harbor  
Winter Harbor Madness | Egg Harbor  
Polar Bear Swim | Jacksonport  
Candlelight Ski | Jacksonport  
Cabin Fever | Kewaunee

## FEBRUARY

Nature of Romance | throughout Door County  
Candlelight Ski, Hike & Snowshoe | Ellison Bay  
Peninsula Music Festival | Ephraim  
Winter Festival | Fish Creek  
Candlelight Ski & Hike | Fish Creek  
Peninsula Music Festival | Fish Creek  
Fire & Ice | Sturgeon Bay  
Dave Pagels Memorial Ice Fishing Derby |  
Sturgeon Bay  
Lions Club Fish Derby | Washington Island  
Celebrating Winter | Washington Island

## MARCH

Nature of Romance | throughout Door County  
Door County Wine & Cheese Gala | Sturgeon Bay  
St. Patrick's Day Parade | Sturgeon Bay  
Door County Home & Garden Show | Sturgeon Bay

## APRIL

Festival of Blossoms | throughout Door County  
Brown Trout Fishing Tournament | Baileys Harbor  
Easter Egg Hunt | Jacksonport  
Salon of Door County High School Art | Sturgeon Bay  
Groovin' Sisterhood Weekend | Sturgeon Bay

## MAY

Made in Door County | throughout Door County  
Door County Festival of Nature | Baileys Harbor  
Scottie Dog Rally | Baileys Harbor  
Spring Fling | Baileys Harbor  
Blossom Run | Egg Harbor  
Girlfriends Great Eggscape | Egg Harbor  
Door County Shepherd's Market | Egg Harbor  
Door County 1/2 Marathon & Nicolet Bay 5K |  
Fish Creek  
Maifest | Jacksonport  
Village Wide Rummage Sale | Luxemburg  
Village Wide Rummage Sale | Sister Bay  
Shipyards Tours | Sturgeon Bay

## MAY (Cont.)

Healthy Kids Day | Sturgeon Bay  
Plant Sale | Sturgeon Bay  
Fine Art Fair | Sturgeon Bay

## JUNE

Festival of Blossoms | throughout Door County  
Lighthouse Festival | throughout Door County  
State Park Open House | throughout Wisconsin  
Ridges Ride for Nature | Baileys Harbor  
Renaissance Fantasy Faire | Carlsville  
Art in Egg Harbor | Egg Harbor  
Olde Ellison Bay Days | Ellison Bay  
Fyr Bal Festival | Ephraim  
Heritage Days | Fish Creek  
Paddlefest | Fish Creek  
National Trails Day | Jacksonport  
Art Fair | Jacksonport  
Dairy Days Dash | Luxemburg  
Independence Day Cook Out | Rock Island  
Side Pork Fest | Sturgeon Bay  
Steel Bridge Songfest | Sturgeon Bay  
Kids Off to Summer | Sturgeon Bay  
Little Sturgeon Days | Sturgeon Bay  
Harmony by the Bay | Sturgeon Bay  
Canoe & Kayak Event | Washington Island

## JULY

K/D Salmon Tournament | throughout Door County  
Plein Air Festival | throughout Door County  
House & Garden Walk | throughout Door County  
4th of July Celebration | Baileys Harbor  
Door County Folk Festival | Baileys Harbor  
Belgian Days | Brussels  
Carlsville Day | Carlsville  
4th of July Celebration | Egg Harbor  
Door County Triathlon | Egg Harbor  
Door County Folk Festival | Ephraim  
Hairpin 5K Run & Walk | Fish Creek  
Fish Creek Summer Festival & Fireworks | Fish Creek  
Door County Antique Show & Sale | Fish Creek  
Celebrate Gills Rock | Gills Rock  
Amish Quilt & Craft Show | Jacksonport  
Sand Sculpture Contest | Jacksonport  
Kewaunee County Fair | Luxemburg  
Garden Walk | Sister Bay  
Door County Folk Festival | Sister Bay  
Old Fashioned Ice Cream Social | Sister Bay

## JULY (Cont.)

Celebrate Sturgeon Bay | Sturgeon Bay  
Jazz on Jefferson Street Festival | Sturgeon Bay  
Youth Triathlon | Sturgeon Bay  
Sail thru the Avenues Sidewalk Sale | Sturgeon Bay  
Harmony by the Bay | Sturgeon Bay  
FFA Alumni Dairy Breakfast | Valmy  
Fireworks | Washington Island  
American Legion Fish Boil | Washington Island  
Art in the Park | Washington Island

## AUGUST

Shanty Days | Algoma  
Dancing in the Streets | Algoma  
Cherry Fest | Jacksonport  
Candlelight Beach Walk | Jacksonport  
Czech & Kolache Festival | Kewaunee  
VIP Car Show | Kewaunee  
Door County Festival of the Arts | Sister Bay  
Door County Fair | Sturgeon Bay  
Classic Wooden Boat Festival | Sturgeon Bay  
West Fest | Sturgeon Bay  
Harmony by the Bay | Sturgeon Bay  
Valmy Threshere & Antique Machinery Show | Valmy  
Scandinavian Festival | Washington Island  
Washington Island Fair | Washington Island

## SEPTEMBER

So Delicious, So Door County |  
Throughout Door County  
Century Ride | throughout Door County  
Made in Door County | throughout Door County  
Wet Whistle Wine Fest | Algoma  
Bluegrass Adventure & Roots Festival | Algoma  
Autumn Fest | Baileys Harbor  
Corn Fest | Carlsville  
Wilderness Days | Ellison Bay  
Challenge Walk MS | Ephraim  
Inside/Outside Sale | Fall Creek  
Labor Day Weekend Run & Duathlon | Fish Creek  
Black Tie Dinner | Kewaunee  
Day on the Farm | Kewaunee  
FFA Alumni Truck & Tractor Pull | Kewaunee  
Fall Harvest Fest | Kewaunee  
Kewaunee City-Wide Rummage Sales | Kewaunee  
Ahnapee Trail Century Bike Ride | Luxemburg  
Agricultural Heritage Days | Luxemburg

## SEPTEMBER (Cont.)

Belgian Kermiss Celebration | Nemur  
Marina Festival | Sister Bay  
Taste of the Garden & Pesto Festival | Sturgeon Bay  
Harvest Festival & Harvest Moon | Sturgeon Bay  
American Legion Fish Boil | Washington Island

## OCTOBER

Door County Fall Ride | throughout Door County  
Holidays & Holly Nights | throughout Door County  
Halloween Walk | Algoma  
Pumpkin Patch Festival | Egg Harbor  
Halloween Safe Walk | Egg Harbor  
Townline Art Fair | Ephraim  
Spooktacular Hike | Fish Creek  
Art Day for Animals | Fish Creek  
Jak-O-Lantern Days | Fish Creek  
Oktoberfest | Kewaunee  
Fall Festival | Sister Bay  
Run Wild | Sturgeon Bay  
Halloween Parade | Sturgeon Bay  
Fall Fun Fest & Cider Pressing Party |  
Washington Island  
Amish Quilt & Craft Show | Jacksonport

## NOVEMBER

Holidays & Holly Nights | throughout Door County  
Holly Days | Egg Harbor  
Thanksgiving Day Parade | Jacksonport  
Kewaunee Holiday Parade & Festival | Kewaunee  
Christkindlmarkt | Kewaunee  
Capture the Spirit | Sister Bay  
Christmas by the Bay | Sturgeon Bay

## DECEMBER

Holidays & Holly Nights | throughout Door County  
Nature of Romance | throughout Door County  
Holiday Homes Tour | throughout Door County  
Christmas in the City | Algoma  
Christmas in the Village | Ephraim  
Home for the Holidays | Fish Creek  
Christmas in the Country | Kewaunee  
Angel Ball | Sturgeon Bay

# RESIDENTIAL SERVICES

## DOOR COUNTY

Administration.....	(920) 746-2552
Circuit Court .....	746-2280
Clerk of Court .....	746-2205
County Clerk .....	746-2200
District Attorney .....	746-2284
Emergency Management .....	746-7101
Highway .....	746-2500
Human Services .....	746-2305
Information Systems .....	746-2498
Land Information .....	746-2391
Parks & Recreation .....	746-9959
Planning & Zoning .....	746-2323
Public Health .....	746-2234
Register in Probate .....	746-2482
Register of Deeds .....	746-2270
Sheriff .....	746-2400
Treasurer .....	746-2285
UW Extension .....	746-2260
Veterans Services .....	746-2226

## KEWAUNEE COUNTY

Administration.....	(920) 388-7164
Circuit Court .....	388-7142
Clerk of Court .....	388-7144
County Clerk .....	388-7123
District Attorney .....	388-7194
Emergency Management .....	487-2940
Highway .....	388-3707
Human Services .....	388-7030
Information Systems .....	388-7186
Land Information .....	845-1360
Parks & Recreation .....	388-0444
Planning & Zoning .....	388-7132
Public Health .....	388-7160
Register in Probate .....	388-7143
Register of Deeds .....	388-7126
Sheriff .....	388-3100
Treasurer .....	388-7131
UW Extension .....	388-7141
Veterans Services .....	388-7198



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Once home to Native Americans, Door County was part of Brown County in 1848 and first settled by Increase and Mary Clafin. In 1851 Door County was set off from Brown County and early industry was dominated by logging and fishing. Sturgeon Bay was selected as the county seat and the first court hearings were held in a hotel until a more permanent structure was built in 1878. Ample natural resources and the ideal location attracted new residents and as transportation improved, tourism became popular. By 1900 the population of Door County had reached 17,583 and the area continued to grow. It is now an area rich in history and culture and today Door County is home to approximately 27,815 residents.

**CITIES:**  
**STURGEON BAY (COUNTY SEAT)** – pop. 9,144

**VILLAGES:**  
**EGG HARBOR** – pop. 201  
**EPHRAIM** – pop. 288  
**FORESTVILLE** – pop. 430  
**SISTER BAY** – pop. 876

**BRUSSELS**  
 Brussels was settled by Belgian immigrants and the community was named after the capital of Belgium. The first election was held in 1858 and Brussels was organized the following year. Settlers were attracted to the fertile soil and many farmed the land. A fire swept through the area in 1871 and many buildings were destroyed. Residents rebuilt resiliently and the area continued to develop. Belgian Days, now held annually in July, pays homage to the area's rich heritage.

**EGG HARBOR**  
 Egg Harbor was founded in 1861 and its first settlers were Jacob and Levi Thorp. The Thorp brothers established a lumber mill and later expanded to building a pier, orchards and the historic Cupola House. As the area continued to develop churches and schools were established and tourism became popular. By 1900 businesses included saloons, resorts, dance halls, grocery stores, feed mills and a variety of specialty shops.

**TOWNS:**  
**BAILEYS HARBOR** – pop. 1,003  
**BRUSSELS** – pop. 1,112  
**CLAY BANKS** – pop. 410  
**EGG HARBOR** – pop. 1,194  
**FORESTVILLE** – pop. 1,236  
**GARDNER** – pop. 1,263  
**GIBALTAR** – pop. 1,063

**JACKSONPORT** – pop. 738  
**LIBERTY GROVE** – pop. 1,858  
**NASEWAUPEE** – pop. 1,873  
**SEVASTOPOL** – pop. 2,667  
**UNION** – pop. 718  
**WASHINGTON ISLAND** – pop. 708  
*\*Populations are approximate.*

## EPHRAIM

Ephraim was established by Reverend Andreas Iverson in 1853 as a Moravian community. Its name is biblical for fruitful and the fertile soil of the area attracted many residents. Churches, schools and warehouses were constructed and the area continued to thrive. The community owned the first motorized fire truck in Door County, purchased in 1934 and is widely recognized as being the only community in Wisconsin that prohibits the manufacturing and sale of liquor.

## FORESTVILLE

Forestville was established in 1857 as settlers traveled along the Ahnapee River. The first town meeting was held in 1858 in the home of Marcus McCormick and the community was named Forestville after the plentiful timber. Early businesses included sawmills, general stores, tailors, blacksmiths and barges. The first post office was established in 1858 and the first school was founded the following year. A fire nearly destroyed the community in 1871 but residents quickly rebuilt. As transportation continued to improve Forestville continued to develop.

## JACKSONPORT

Jacksonport was officially established on March 9, 1869 as the fourteenth and last township in Door County. Around 1850, the first white man, Neil Blair, settled in Jacksonport. He was a commercial fisherman and farmer. In 1861 Perry Hibbard moved to Jacksonport and built a dock. He was in the lumbering, store and shipping business. During this time commercial fishing and lumbering were important industries. Presently Jacksonport is built more around agriculture and being a tourist destination. In 1885 there were 862 people living in Jacksonport, today there are around 738 people living in Jacksonport.

## STURGEON BAY (COUNTY SEAT)

First known as Otumba, Sturgeon Bay began as a trading post and the area was first settled in the 1830s. The community was renamed Sturgeon Bay in 1860 due to the resemblance of the sturgeon. As a canal was constructed, Sturgeon Bay continued to grow and businesses included general stores, livery stables, warehouses, saloons and hotels. In 1872 the Sturgeon Bay Ship Canal was constructed to allow access from Green Bay to Lake Michigan and continued transportation improvements allowed for growth. The first lighthouse was built in 1882 with Rufus M. Wright serving as its keeper. Sturgeon Bay was selected as the county seat for Door County and the area continued to thrive.

## WASHINGTON ISLAND

Once part of Brown County, Washington Island was settled by Scandinavian and Icelandic immigrants and is one of the oldest settlements in Wisconsin. The area surrounding the island was often known as Deaths Door due to the dangerous currents and many ships were lost off the coast. As pioneers continued to arrive the town of Washington was founded in 1850 and churches, schools and businesses were established. Industry included fishing, lumbering, farming and tourism. By 1910 its population had reached 1,200 during summer months and the area continued to thrive.



Once home to Native Americans, Kewaunee County grew in 1836 as word of a gold rush spread. The area was originally part of Door County until it was set off in 1852. Early industry was dominated by logging and farming. The city of Kewaunee was selected as the county seat and the first courthouse was built in 1873. Ample natural resources and the ideal location attracted new residents and as transportation improved, tourism became popular. By 1900 the population of Kewaunee County had reached 21,707 and the area continued to thrive. It is now an area rich in culture and history and today Kewaunee County is home to approximately 20,315 residents.

## **CITIES:**

**ALGOMA** – pop. 3,167

**KEWAUNEE (COUNTY SEAT)** – pop. 6,276

## **VILLAGES:**

**CASCO** – pop. 583

**LUXEMBURG** – pop. 2,952

## **TOWNS:**

**AHNAPEE** – pop. 977

**CARLTON** – pop. 1,006

**CASCO** – pop. 1,153

**FRANKLIN** – pop. 997

**LINCOLN** – pop. 957

**LUXEMBURG** – pop. 2,515

**MONTPELIER** – pop. 1,334

**PIERCE** – pop. 871

**RED RIVER** – pop. 1,493

**WEST KEWAUNEE** – pop. 1,277

*\*Populations are approximate.*

## **ALGOMA**

Algoma was first known as Wolf River or Ahnapee and settled in 1851. By 1855 the area housed a school, sawmill, general store, churches and the community continued to develop until fires destroyed much of the land in 1871. In 1897 Ahnapee was renamed Algoma, Indian for park of flowers, and a post office was established with Matthias Simon serving as its first postmaster. Industry began to shift towards fishing and tourism and Algoma has continued to thrive.

## **KEWAUNEE (COUNTY SEAT)**

First settled in 1836, Kewaunee was platted by Joshua Hathaway and mills were established along the river. A pier was built into Lake Michigan in 1851 and Kewaunee began to grow dramatically as goods and passengers were easily shipped. Industry was diversified and early businesses included sawmills, gristmills, breweries, foundries, hotels, banks, warehouses and factories. The community boasted the first doctor's office in all of Wisconsin in 1874 and as the railroad arrived in 1891 the area continued to develop. Its harbor played an integral role in its growth, making Kewaunee one of the biggest ports at the time. The first ferry took service in 1892 which connected Kewaunee with Frankfort, Michigan. The community continued to grow until fires in 1898 destroyed much of its business district. Residents rebuilt and the community was selected as the county seat.

## **LUXEMBURG**

Luxemburg was first settled in the 1850s and the area developed slowly until the arrival of the railroad in the 1890s. The first businesses included a hotel, shingle mill, grain elevator, bank, jewelry store, butcher shop, tavern and as a lumberyard was constructed, Luxemburg developed rapidly. Streets were platted by Nick Kaut in 1903 and by 1911 its population had reached 402. As transportation continued to improve, Luxemburg continued to grow.

## **MONTPELIER**

Montpelier was first settled by immigrants from Vermont, whom named the community after their hometown. The first town meeting was held in 1856 and the first school was built in 1868. As the railroad arrived Montpelier continued to develop and early businesses included sawmills, gristmills, blacksmith shops, general stores and a cheese factory. The first telephone service arrived to the area in 1905 and the first electric lights in 1923.



## LIGHTHOUSE FESTIVAL ILLUMINATES DOOR COUNTY'S HISTORIC SENTINELS

Few things are as closely linked to Door County than its lighthouses. With 11 in all, there are few places in the country where these celebrated sentinels are more concentrated than on this distinctive peninsula protruding into Lake Michigan.

And the best time of the year to partake of this feast of Fresnel lenses is during Lighthouse Festival weekend. This year's event, is a weekend filled with special land-based tours and boat excursions. Two different day-long, land-based tours, spotlight the five mainland lights and a special Ghost/Mystery tour leaves from the Maritime Museum on Friday and Saturday evenings.

The day-long Island Clipper tour on Saturday will take visitors across Death's Door into Michigan waters. The tour passes Poverty Island and St. Martin Islands with a stop at Rock Island State Park and a hike to Pottawatomi Lighthouse.

An excursion to Chambers Island is another once-a-year opportunity. Participants need to be prepared for a scenic mile plus hike to the lighthouse and back, as land transportation is not guaranteed.

Another popular weekend tour will circle Plum and Pilot islands from Gills Rock and a second narrated tour will make stops at four shipwreck sites off of Baileys Harbor and a view of Old Baileys Harbor Light and Cana Island Lighthouse from the water.

The Sturgeon Bay Fireboat will be offering its regular daily tours from the Maritime Museum as well as a new special evening sunset dessert cruise both Friday and Saturday evening.

Cana Island and Eagle Bluff Lighthouses will maintain regular seasonal hours throughout the weekend. Both the Sherwood Point Lighthouse and Sturgeon Bay Canal Light are operated by the U.S. Coast Guard and offer free admission over the weekend. However, the Saturday and Sunday of the Lighthouse Festival weekend are the only days the property and lighthouse are open to the public at Sherwood Point. The range lights in The Ridges Sanctuary in Baileys Harbor, with its newly restored lower light, will also welcome visitors Friday between 10 am-2 pm for a free will offering.

For more detailed information on tours and pricings or to request a brochure, visit [www.dcomm.org](http://www.dcomm.org). Tickets can be ordered on the website or by calling (920)743-5958.

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Kewaunee County



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

# Hiking Safety Tips



The winter can be tough for everyone. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

## ***Prevent slips and falls on ice.***

- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt and sand driveway and sidewalks or have someone do it for you.
- Step down when getting out of a car or off a curb instead of stepping out.

## ***Keeping warm***

Before going outside in the wintertime you need to prepare yourself to prevent things like hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that's white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in Layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

## ***Carbon monoxide poisoning and fires***

During the winter months the risks of carbon monoxide poisoning and fires is much greater due to the different heating methods used to stay warm. While trying to stay warm we are heating our houses with fire places, furnaces, electric heaters, and boilers. When one of these heating methods fail or stop working properly there are potential safety hazards.

- Make sure carbon monoxide detector and fire alarms are working properly.
- Have fireplace and chimney cleaned or furnace and boiler inspected.
- Make sure electric heaters are working properly and not too close to anything flammable.
- Keep a fire extinguisher easily accessible in the areas of your home that have a potential fire hazard.
- Never try heating your home with things that are not made for it like, a stove, oven, or grill.

## ***Winter Driving***

- Don't drive in bad weather unless you have to.
- Never use cruise control on snowy, icy, or wet surfaces.
- Increase your following distance.
- Have a phone on you and let someone know your plans.
- Check your car or get it inspected to make sure things like the tires, antifreeze, window wipers, window washer fluid, oil, battery, and other components are up to date and working properly.
- Stock your car with emergency supplies like a first aid kit, extra warm clothes or blankets, jumper cables, shovel, window scraper, a warning device like a flare or caution lights and a material like kitty litter or sand in case you get stuck on ice.
- Keep your gas tank close to full in case you end up stuck or stranded and to prevent gas line freeze.
- Clear off the entire car for increased visibility.
- Never warm up your vehicle in an enclosed area like a garage.

## AHNAPEE STATE TRAIL

Located on 44 miles between Kewaunee and Sturgeon Bay, the Ahnapee State Trail is available for bicycling, hiking, horseback riding cross-country skiing and snowmobiling.

## BAILEYS HARBOR COUNTY PARK

Located on 30 acres near the Ridges Sanctuary, Baileys Harbor County Park features a swimming beach, fishing opportunities and picnic areas.

## BLAHNIK PARK

Donated by Paul and Evelyn Blahnik in memory of Wenzel Blahnik, Blahnik Park features fishing opportunities, recreational trails and picnic areas.

## BRUEMMER PARK & ZOO

Located on over 70 acres, Bruemmer Park and Zoo features a small zoo, playground equipment and picnic areas.

## BRUEMMERVILLE PARK

Located on two acres near the Silver Creek Dam, Bruemmerville Park features fishing opportunities, playground equipment and picnic areas.

## CAVE POINT COUNTY PARK

Located on 19 acres near Sevastopol near the Whitefish Sand Dunes State Park, Cave Point County Park features scenic views of Lake Michigan, fishing opportunities, recreational trails and picnic areas.

## CHAUDOIR'S DOCK COUNTY PARK

Located on five acres near Union, Chaudoir's Dock County Park features a boat launch and harbor, fishing opportunities and picnic areas.

## DANA FARM

Originally the home of Wisconsin 4H founder Ransom Moore, Dana Farm is now a historic site with recreational trails and picnic areas.

## DOOR BLUFF HEADLANDS COUNTY PARK

Located on 156 acres near Liberty Grove, Door Bluffs Headlands County Park features recreational trails and picnic areas.

## EAST ALASKA LAKE COUNTY PARK

Located south of Algoma, East Alaska Lake County Park features a boat launch, fishing opportunities and picnic areas.

## ELLISON BLUFF COUNTY PARK

Located on 174 acres southwest of Ellison Bay, Ellison Bluff County Park features scenic overlooks, recreational trails and picnic areas.

## FORESTVILLE DAM COUNTY PARK

Located on 79 acres near Forestville, Forestville Dam County Park features a boat launch, fishing opportunities, playground equipment and picnic areas.

## FRANK E. MURPHY COUNTY PARK

Located on 14 acres near Egg Harbor, Frank E. Murphy County Park features a campground, boat launch, fishing opportunities, swimming beach, pavilion, sand volleyball court, playground equipment and picnic areas.

## HARTER-MATTER SANCTUARY

Located on 40 acres near Meridian County Park, the Harter-Matter Sanctuary serves as a haven for native animal and plant species.

## HEIDMANN'S LAKE COUNTY PARK

Located on one acre near Denmark, Heidmann's Lake County Park features a boat launch, fishing opportunities and picnic areas.

## JOHN MILES COUNTY PARK

Located on 60 acres near Sturgeon Bay, John Miles County Park features playground equipment, a grandstand, pavilion, recreational trails, picnic areas and stock car races during summer months.

## KROHNS LAKE COUNTY PARK

Located south of Algoma, Krohns Lake County Park features a boat launch, fishing opportunities and picnic areas.

## LILY BAY COUNTY PARK

Located on one acre between Sturgeon Bay and Sevastopol, Lily Bay County Park features a boat launch, fishing opportunities, swimming beach and picnic areas.

## MERIDIAN COUNTY PARK

Located on 92 acres between Jacksonport and Baileys Harbor, Meridian County Park features fishing opportunities, recreational trails and picnic areas.

## NEWPORT STATE PARK

Located on 2,373 acres near Ellison Bay, Newport State Park features a campground, recreational trails and picnic areas.

## OLD STONE QUARRY PARK

Located on nine acres north of Sturgeon Bay, Old Stone Quarry Park features a boat launch, fishing opportunities, pavilion and picnic areas.

## PENINSULA STATE PARK

Located on 3,776 acres near Fish Creek, Peninsula State Park features fishing opportunities, a campground, summer theater, 18-hole golf course, swimming beach, recreational trails and picnic areas.

## PERCY JOHNSON COUNTY PARK

Located on five acres near Washington Island, Percy Johnson County Park features fishing opportunities, swimming beach and picnic areas.

## POTAWATOMI STATE PARK

Located on over 1,200 acres near Sturgeon Bay, Potawatomi State Park features a campground, fishing opportunities, an observation tower, recreational trails and picnic areas.

## RED RIVER PARK

Located near Dykesville, Red River Park features a boat launch, fishing opportunities, playground equipment and picnic areas.

## RIVERVIEW ATV PARK

One of the only ATV Parks in northeastern Wisconsin, Riverview ATV Park features a hill climb area, challenge course, picnic areas and over 20 miles of trails.

## ROBERT LASALLE COUNTY PARK

Located on 23 acres near Clark Banks, the Robert LaSalle County Park features playground equipment and picnic areas.

## ROBERT M. CARMODY COUNTY PARK

Located on five acres near Gardner and Little Sturgeon Bay, Robert M. Carmody County Park features a six-lane boat launch, fishing opportunities and picnic areas.

## ROCK ISLAND STATE PARK

Located on 912 acres, Rock Island State Park features a campground, boat launch, fishing opportunities, recreational trails and picnic areas.

## SHEA'S LAKE COUNTY PARK

Located on two acres southwest of Kewaunee, Shea's Lake County Park features a boat launch, fishing opportunities and picnic areas.

## SUGAR CREEK COUNTY PARK

Located on 40 acres near Green Bay, Sugar Creek County Park features a boat launch, fishing opportunities and picnic areas.

## TORNADO COUNTY PARK

Located on three acres south of Sturgeon Bay, Tornado County Park features a historical marker and picnic areas.

## WEST ALASKA LAKE COUNTY PARK

Located south of Algoma, West Alaska Lake County Park features a boat launch, fishing opportunities and picnic areas.

## WINTER PARK

Winter Park, open seasonally, features a heated chalet, tubing runs and a 70 ft. vertical drop for skiing, sledding and snow tubing.

## WHITEFISH DUNES STATE PARK

Located on 865 acres near Whitefish Bay, Whitefish Dunes State Park features a swimming beach, educational programs, recreational trails and picnic areas.

# AREA ATTRACTIONS

## ANDERSON HOUSE MUSEUM

10310 Fieldcrest Rd. | Sister Bay | (920) 854-7680

## BARNSITE ART STUDIO

109 Duval St. | Kewaunee | (920) 388-4391

## BAY BEACH WILDLIFE SANCTUARY

1660 E Shore Dr. | Green Bay | (920) 391-3671

## BIRCH CREEK MUSIC PERFORMANCE CENTER

3821 Hwy. E | Egg Harbor | (920) 868-3763

## BJORKLUNDEN

7603 Chapel Ln. | Baileys Harbor | (920) 839-2216

## C.D. BESADNY ANADROMOUS FISH FACILITY

N3884 Ransom Moore Ln. | Kewaunee | (920) 388-1025

## DOOR COUNTY HISTORICAL MUSEUM

18 N 4th Ave. | Sturgeon Bay | (920) 743-5809

## DOOR COUNTY MARITIME MUSEUM

120 N Madison Ave. | Sturgeon Bay | (920) 743-5358

## DOOR PENINSULA WINERY

5806 Hwy. 42 | Sturgeon Bay | (920) 743-7431

## DOUBLE K-W OSTRICH FARM

W1928 W Harbor Rd. | Washington Island | (920) 847-3202

## EPHRAIM HISTORICAL FOUNDATION

3060 Anderson Ln. | Ephraim | (920) 854-9688

## GARDNER RIFLE CLUB

2389 S Stevenson Pier Rd. | Brussels | (920) 825-7406

## GILLS ROCK MARITIME MUSEUM

12724 Hwy. 42 | Gills Rock | (920) 854-1844

## JACOBSEN MUSEUM

2150 Little Lake Rd. | Washington Island | (920) 847-2213

## HISTORICAL VILLAGE AT THE CROSSROADS

2041 Michigan St. | Sturgeon Bay | (920) 746-5895

## KEWAUNEE HISTORICAL JAIL MUSEUM

613 Dodge St. | Kewaunee | (920) 388-3858

## KEWAUNEE POWER STATION

N490 Hwy. 42 | Kewaunee | (920) 388-2560

## LUXEMBURG RACEWAY

P.O. Box 485 | Denmark | (920) 845-2300

## MADISON AVENUE WINE SHOP

25 S Madison Ave. | Sturgeon Bay | (920) 746-0872

## THE MILLER ART MUSEUM

107 S 4th Ave. | Sturgeon Bay | (920) 746-0707

## NOBLE HISTORIC MUSEUM

4167 Hwy. 42 | Fish Creek | (920) 868-2091

## ORCHARD COUNTRY WINERY & MARKET

9197 Hwy. 42 | Fish Creek | (920) 868-3479

## PARALLEL 44 VINEYARD & WINERY

N2185 Sleepy Hollow Rd. | Kewaunee | (888) 932-0044

## PENINSULA PLAYERS

W4351 Peninsula Players Rd. | Fish Creek | (920) 868-3287

## RED OAK VINEYARD

325 N 3rd Ave. | Sturgeon Bay | (920) 743-7729

## SIMON CREEK VINEYARD & WINERY

5896 Bocek Rd. | Sturgeon Bay | (920) 746-9307

## THUNDERHILL RACEWAY

816 N 14th Ave. | Sturgeon Bay | (920) 743-7052

## VON STIEHL WINERY

115 Navarino St. | Algoma | (920) 487-5208

# HARBOR GUEST HOUSE

*Harbor Guest House*

Perhaps the best view in all of Door County. Relax on the water in historic Fish Creek all year long.

Enjoy the warmth and charm of an antique-filled Tudor guest house. Create an intimate dining experience in our fully appointed kitchens or unwind in your spacious living room with a crackling fire in the fieldstone fireplace. Create your own distinctive Door County memories.



## CONTACT INFORMATION

(920) 868-2284 or (888) 868-2284  
www.harborguesthouse.com

Harbor Guest House  
9484 Spruce St • Fish Creek, WI 54212



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Wisconsin's No. 1 Maple Syrup

Gourmet Foods & Special Gifts

*Pure Maple Syrup*

Wholesale & Retail Maple Syrup



Recently Named State Grand Champion (Light Amber Syrup)



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920-868-3161 Phone • www.jornssugarbush.com

# HUNTING SEASONS

## DEER

Archery & Crossbow Sept. 16–Jan. 7, 2018

Youth Deer Hunt Oct. 7 & 8

\*Gun Deer Hunt for Hunters with Disabilities Oct. 7–15

Gun Nov. 18–26

Muzzleloader Nov. 27–Dec. 6

Statewide Antlerless Hunt Dec. 7–10

*\*This is not a statewide season.*

## GAME BIRDS

*Pheasant*

Statewide Oct. 14 (9 AM)–Dec. 31†

*Bobwhite Quail*

Statewide Oct. 14 (9 AM)–Dec. 6

*Hungarian Partridge*

Statewide\* Oct. 14 (9 AM)–Dec. 31†

\* Closed in Clark, Marathon and Taylor counties

*Ruffed Grouse*

Zone A Sept. 16–Jan. 31, 2018

Zone B Oct. 14–Dec. 8

*Sharp-tailed Grouse*

Season is under review. Visit [dnr.wi.gov](http://dnr.wi.gov) for updates.

*Crow*

Statewide Sept. 16–Nov. 16 &

Jan 18 - March 20, 2018

†Season may extend to Jan. 7, 2018. Go to [dnr.wi.gov](http://dnr.wi.gov) and search “hunting regulations” for updates.

## MIGRATORY BIRDS

*Early Canada Goose*

Statewide Sept. 1–15

*Early Teal Season*

Statewide Sept. 1–7

*Duck Season*

Youth Sept. 16 & 17

Northern Zone Sept. 23–Nov. 21

Southern Zone Sept. 30–Oct. 8; Oct. 14–Dec. 3

## MIGRATORY BIRDS (CONT.)

Mississippi Zone Sept. 30–Oct. 6; Oct. 14–Dec. 5

*Regular Goose Season*

Exterior Zone–North Sept. 16–Dec. 16

Exterior Zone–South Sept. 16–Oct. 8; Oct. 14–Dec. 21

Mississippi Zone Sept. 30–Oct. 6; Oct. 14–Jan. 4, 2018

Horicon Zone Sept. 16–Dec. 16

*Woodcock*

Statewide Sept. 23–Nov. 6

*Mourning Dove*

Statewide Sept. 1–Nov. 29

## FURBEARERS

*Coyote*

Hunting Continuous open season.

Trapping Oct. 14–Feb. 15, 2018

*Beaver*

Trapping Only

Zone A (Northwest) Nov. 4–Apr. 30, 2018

Zone B (Northeast) Nov. 4–Apr. 30, 2018

Zone C (South) Nov. 4–Mar. 31, 2018

Zone D (Mississippi River) Day after duck season closes to

Mar. 15, 2018

*Mink and Muskrat*

Trapping Only

Statewide Oct. 28–Mar. 4, 2018

Mississippi River Zone Nov. 13\*\*–Mar. 4, 2018

\*\*Zone opens either the day after the duck season closes or Nov. 13, whichever occurs first.

*Fox (Red and Gray)*

Hunting and Trapping Oct. 14–Feb. 15, 2018

*Bobcat*

Hunting and Trapping - Permits required

Period 1 Oct. 14–Dec. 25

Period 2 Dec. 26–Jan. 31, 2018

*Fisher*

Trapping Only - Permits required

## FURBEARERS (CONT.)

Various zones Oct. 14–Dec. 31†

†Season may extend to Jan. 7, 2018.

Go to [dnr.wi.gov](http://dnr.wi.gov) and search

“hunting regulations” for updates.

*Otter*

Trapping Only - Permits required

North Zone Nov. 4–Apr. 30, 2018

Central Zone Nov. 4–Mar. 31, 2018

South Zone Nov. 4–Mar. 31, 2018

*Raccoon*

Hunting and Trapping

Resident Oct. 14–Feb. 15, 2018

Non-resident Nov. 4–Feb. 15, 2018

*Opossum, Skunk, Weasel and Snowshoe Hare*

No season limits, bag limits, size limits or possession limits, but a license is required.

## TURKEY

Youth Turkey Hunt Apr. 15 & 16

Open Zones

Spring Period A Apr. 19–25

Period B Apr. 26–May 2

Period C May 3–9

Period D May 10–16

Period E May 17–23

Period F May 24–30

Fall Zones 1-5 Sept. 16–Dec. 31†

Zones 6 & 7 Sept. 16–Nov. 17

†Season may extend to Jan. 7, 2018. Go to [dnr.wi.gov](http://dnr.wi.gov) and search “hunting regulations” for updates.

## BEAR

Zone C where dogs are not permitted:

Sept. 6–Oct. 10

• with aid of bait

• with all other legal methods not using dogs

All other zones where dogs are permitted:

## BEAR (CONT.)

Sept. 6–12

• with aid of dogs only

Sept. 13–Oct. 3

• with aid of dogs

• with aid of bait

• with all other legal methods

Oct. 4–10

• with aid of bait

• with all other legal methods not using dogs

## SMALL GAME

*Cottontail Rabbit*

Northern Zone Sept. 16–Feb. 28, 2018

Southern Zone Oct. 14 (9 AM)–Feb. 28, 2018

*Squirrels (Gray and Fox)*

Statewide Sept. 16–Jan. 31, 2018

## PROTECTED SPECIES

*Hunting protected species—such as badger, woodchuck, jackrabbit, moose and flying squirrel—is prohibited. See 2017*

*Small Game Regulations for more details.*

*\*Please contact your local DNR office for specific hunting and trapping zone regulations. For general information on firearm safety training call: 1 (888) 936-7463.*

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

## **ALGOMA**

### **GRAF'S MOBIL MART, LLC**

1025 Lake St. | Algoma | (920) 487-2527

### **JANDU PETROLEUM, IV**

1101 Lake St. | Algoma | (920) 487-5117

### **JANDU PETROLEUM, V**

616 4th St. | Algoma | (920) 333-0112

### **WALTERS DO IT BEST HARDWARE**

521 Fourth St. | Algoma | (920) 487-5088

## **BRUSSELS**

### **AMA ARCHERY, BAIT & TACKLE, LLC**

1223 Co. Rd. DK | Brussels | (920) 495-1710

## **CASCO**

### **CASCO ONE STOP**

313 Main St. | Casco | (920) 837-2565

## **EGG HARBOR**

### **JP EXPRESS INC**

5493 Monument Point RD. | Egg Harbor |  
(920) 743-1700

## **FISH CREEK**

### **NAN & JERRY'S LLC**

4084 Main St. | Fish Creek | (920) 868-3402

## **FORESTVILLE**

### **UNI MART FORESTVILLE**

111 N HWY 42 | Forestville | (920) 856-6445

## **KEWAUNEE**

### **HARBOR EXPRESS, LTD**

202 Milwaukee St. | Kewaunee | (920) 388-2254

## **KEWAUNEE, CONTD.**

### **KEWAUNEE COUNTY CLERK**

810 Lincoln St. | Kewaunee | (920) 388-7133

### **CENTER COURT CONVENIENCE LLC**

1614 Center St. | Kewaunee | (920) 388-3755

## **LUXEMBURG**

### **BATTEN TRUE VALUE**

606 Center Dr. | Luxemburg | (920) 845-5133

### **DYCKESVILLE KWIK STOP**

N8780 Co. Rd. DK | Luxemburg | (920) 866-2934

### **LEE'S SPORTS**

1513 Main St. | Luxemburg | (920) 845-9414

### **LEMEN'S HARDWARE**

737 Main St. | Luxemburg | (920) 845-2122

## **SISTER BAY**

### **JUNGWIRTH ACE HARDWARE, LLC**

418 N Bayshore Dr. | Sister Bay | (920) 847-2640

## **STURGEON BAY**

### **AMERICAN PETROLEUM**

211 Michigan St. | Sturgeon Bay | (920) 475-4030

### **BIRMINGHAMS QUARRY STOP BAIT AND GENERAL**

4710 Bayshore Dr. | Sturgeon Bay | (920) 818-0506

### **DNR STURGEON BAY SATELLITE CENTER**

110 S Neena Ave. | Sturgeon Bay | (920) 746-2860

### **GREYSTONE CASTLE**

8 N Madison Ave. | Sturgeon Bay | (920) 743-9923

## **STURGEON BAY, CONTD.**

### **HOLE-N-ONE MOBIL**

25 N Madison Ave. | Sturgeon Bay | (920) 493-8716

### **HOWIE'S TACKLE**

1309 Green Bay Rd. | Sturgeon Bay | (920) 746-9916

### **JANDU PETROLEUM, II**

222 S Madison Ave. | Sturgeon Bay | (920) 746-0074

### **PJS OF DOOR COUNTY**

7513 Hwy. 42 | Sturgeon Bay | (920) 746-0705

## **STURGEON BAY, CONTD.**

### **STEVENSON PIER MINI MART**

8654 Co. Rd. C | Sturgeon Bay | (920) 493-2078

### **THE "S" STOP**

922 S Duluth Ave. | Sturgeon Bay | (920) 743-9281

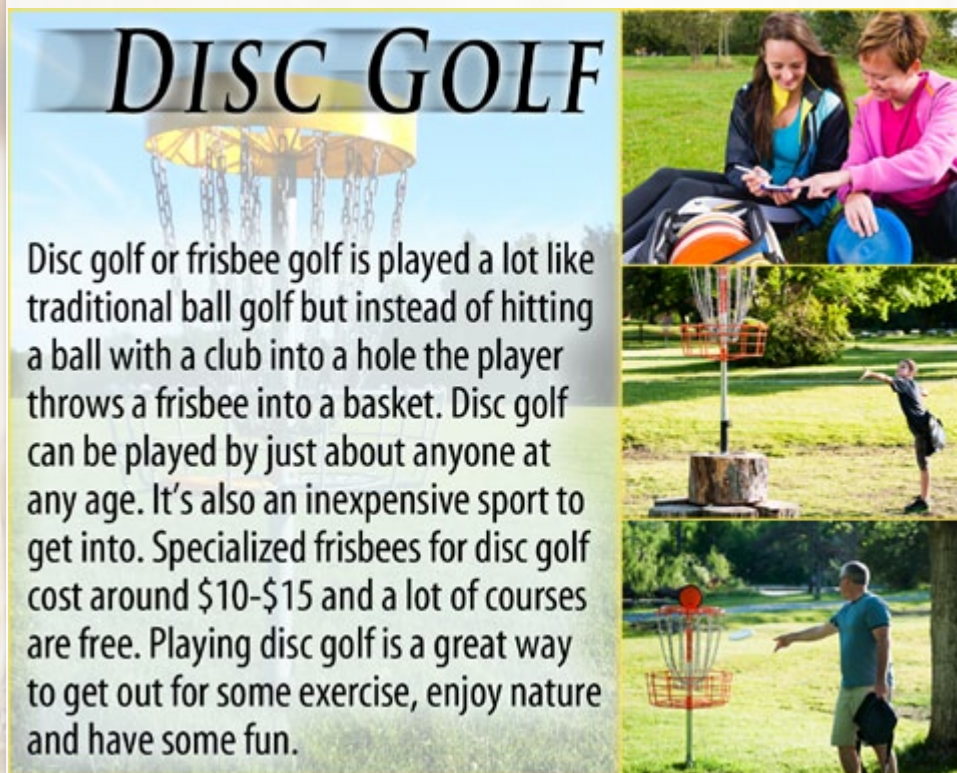
### **WALMART SUPERCENTER (#1316)**

1536 Egg Harbor Rd. | Sturgeon Bay | (920) 743-0402

## **WASHINGTON ISLAND**

### **MANN'S MERCANTILE**

R.R.1 Box 14A | Washington Island | (920) 847-2030



**DISC GOLF**

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

# FISHING SEASONS

## Season Dates (2017 - 2018)

**Early inland trout (Catch and release)**  
January 7 - May 5

**Musky - southern zone**  
May 6 - Dec. 31

**General inland trout**  
May 6 (5 a.m.) - Oct. 15 proposed

**Northern pike**  
May 6 - March 4

**Largemouth bass northern zone**  
May 6 - March 4

**Walleye**  
May 6 - March 4

**Smallmouth bass northern zone catch and release**  
May 6 - June 16

**Lake sturgeon**  
September 2 - September 30

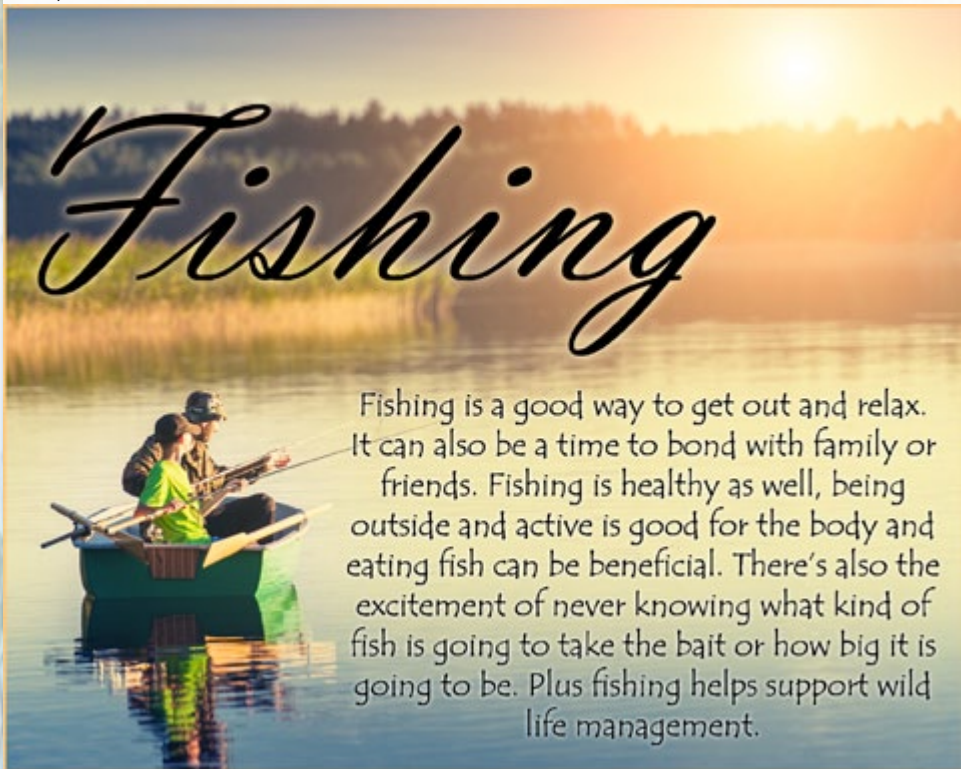
**Smallmouth bass northern zone harvest**  
June 17 - March 4

**Free fishing weekends**  
**Summer**  
June 3 - 4

**Large and smallmouth bass southern zone**  
May 6 - March 4

**Winter**  
January 20-21, 2018

**Musky - northern zone**  
May 27 - Nov. 30



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.

# ICE SAFETY GUIDELINES:



## Did you know?

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



## Summer Energy Saving Techniques

Conduct an energy assessment to find out where you can save the most. This will allow you to see where the biggest problem areas are.

### Windows

- Close curtains during the day to block sunlight and open them at night.
- Plant trees, shrubs, or vines to help shade your home.
- Apply solar window film to windows.

### Adjust Your Thermostat

- When you're home and awake, set your thermostat at the highest comfortable temperature.
- When you're out of the house, turn your thermostat up. You can save 1-3 percent per degree, for each degree the thermostat is set above 72 degrees, depending on the outside temperature.
- You can set a programmable thermostat to keep the temperature where you want day and night.

### Maintain Your Cooling Systems

- Schedule service for your cooling system.
- Do regular maintenance to keep your cooling system operating efficiently.

### Fans and Vents

- Keep inside air vents clear from furniture and other objects.
- Run energy efficient ceiling and whole-house fans to circulate the air.
- Use the bathroom vent to remove the heat and humidity after showering.

### Appliances and Electronics

- Try not to use the oven on hot days. Cook on the stove top, microwave, or grill outside.
- Keep your fridge and freezer full. The refrigerator will run less often.
- Air dry dishes in the dish washer.
- Wash laundry with cold water and air dry.
- Unplug electronics when not in use.

### Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span, plus they produce less heat than incandescent and CFL bulbs.

## Winter Energy Saving Techniques

### Windows

- Open curtains during the day to allow sunlight in and close them at night.
- Tape a clear plastic sheet or film to the window frames.
- Install insulating drapes or shades on windows.

### Adjust Your Thermostat

- When you are home and awake, set your thermostat at the lowest comfortable temperature.
- When you are asleep or out of the house, turn your thermostat down about 12 degrees for eight hours and save around 10% a year on your heating bills.
- You can set programmable thermostats to keep the temperature where you want day and night.

### Air Leaks and Insulation

- Seal the air leaks on the inside and outside walls of your home. These can be holes for pipes and wires, gaps around chimneys, or unfinished spaces behind cupboards and closets.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.
- Check your attics insulation. Depending on what climate you live in there are different insulating products and thickness that work best for your area.

### Maintain Your Heating Systems

- Schedule service for your heating system.
- Do regular maintenance to keep your heating system operating efficiently.
- Furnace - Replace your furnace filter once a month or as needed.
- Fireplace - Clean the flue vent regularly and the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently.

### Lower Your Water Heating Costs

- On average 18% of the energy consumed in your home is from the water heater. Turn down the temperature of your water heater to a setting around (120°F). This will save energy and can help prevent burns.

### Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span.

# Be Aware of your Surroundings

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



## Drink lots of Water!

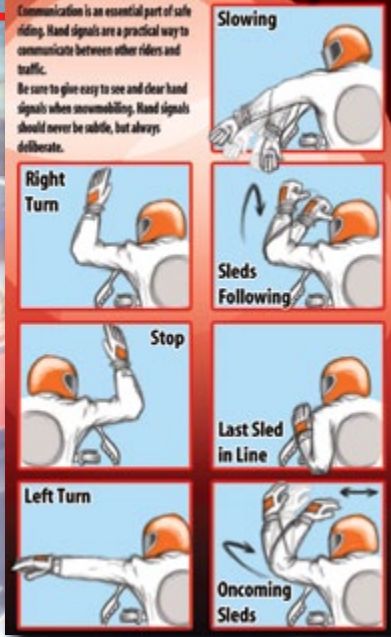


# Know Your ATV

## Read the owner's manual

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

## Snowmobile Hand Signals



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



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



## **Eat Breakfast**

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

## **Eat Your Greens**

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

## **Drink Enough Water**

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

## **Take a Walk During Lunch Break**

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

## **Get Up and Move**

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

## **Floss and Brush**

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



-  **Snowmobile Trail**
-  **Bicycle Trail/Route**



## Get up earlier

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

## Start with "me time"

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

## Sleep well

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

## Use time-blocking

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

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

## Use checklists

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

## Schedule breaks

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

## Clear your clutter

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

## Get Fit

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

## PARENTS:

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

## KIDS:

### FIRE SAFETY

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

### HOME ALONE

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



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

### INSECT BITES/ANAPHYLAXIS

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

### POISON PREVENTION

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

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

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

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



## FIRST AID FOR BURNS & CHOKING

### BURNS

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

#### **Bandage the burn with sterile gauze:**

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

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

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

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

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

**DO NOT remove burnt clothing.**

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

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

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

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

### CHOKING

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

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



**IN AN EMERGENCY, DIAL 911**

We're a family of health care providers who are passionate about *getting and keeping your family well.*



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