



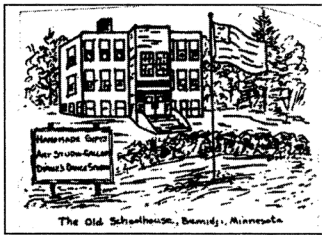
FREE RESIDENT GUIDE

*What's Inside:
Businesses
Directory
History
Events
And More*



*Hubbard
& Wadena
Counties,
Minnesota*





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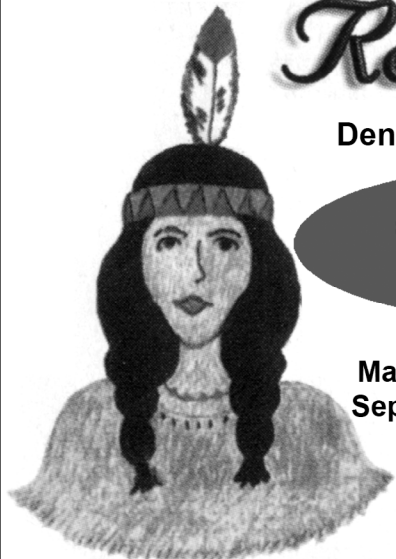
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2013 CALENDAR

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

APRIL							MAY							JUNE							
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7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
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JULY							AUGUST							SEPTEMBER							
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OCTOBER							NOVEMBER							DECEMBER						
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THIS GUIDE



Local Area Events

JANUARY

Family Fishing Derby | Menahga
Lantern Lit Ski & Snowshoe | Park Rapids
Showshoeing Wildlife Walk | Park Rapids
Headwaters Animal Shelter Dinner | Park Rapids
Health Services Auxiliary Dinner | Park Rapids
SnoDeo Weekend Dance | Park Rapids

FEBRUARY

Audrey's Purple Dream Fishing Tournament | Akeley
Trailbreakers Radar Run | Menahga
Lantern Lit Ski & Snowshoe | Park Rapids
American Legion Fishing Contest | Park Rapids
Old Time Ice Harvest | Park Rapids
Polar Plunge | Park Rapids
Ag & Energy Expo | Staples
Give Kids a Smile | Wadena
Liquidation Sale at the Armory | Wadena
Tri-County Health Care's Festival | Wadena
Wine & Chocolate Fundraiser | Wadena

MARCH

Laporte Community Talent Show | Laporte
St. Urho Celebration | Menahga
Energy Fair & Health Expo | Park Rapids
Food Shelf Chili Challenge Benefit | Park Rapids
All Veterans Memorial Dinner | Park Rapids

APRIL

Easter Egg Hunt | Nevis
Red Bridge Film Festival | Park Rapids
Spring Fling Yarn Shop Hop | Park Rapids
Classic Chorale Concert | Park Rapids
District 23 Motorcross | Staples
Easter Egg Hunt | Wadena
Spring Fest | Wadena

MAY

Menahga City-Wide Garage Sales | Menahga
Foundation Golf Benefit | Menahga
Heartland Homes Fundraising Dinner | Park Rapids
Kinship Fish Fry | Park Rapids

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JUNE

Paul Bunyan Days | Akeley
Take a Kid Fishing on Garfield Lake | Laporte
Car Show | Nevis
Gene Cirks Memorial Scholarship Tournament | Nevis
50's & 60's Festival | Nevis
Women Anglers Fundraiser Fishing Contest | Park Rapids
Living at Home's Rib Dinner | Park Rapids
Tails on Trails Walkathon | Park Rapids
Arts Downtown | Park Rapids
Flag Day Picnic | Park Rapids
Hubbard County Relay for Life | Park Rapids
Lakes to Pines Triathlon | Park Rapids
Crafts, Treasures & Beyond Show | Park Rapids
Sidewalk Sales | Park Rapids
Red Eye River Days | Sebeka
Kids' Triathlon | Sebeka
Motocity Quad Races | Staples
June Jubilee | Wadena
Town & Country Breakfast | Wadena
Youth Fishing Tournament & Breakfast | Wadena
Family Day & Kiddie Tractor Pull | Wadena

JULY

Audrey's Purple Dream Fund Run | Akeley
4th of July Festival | Laporte
Menahga Midsummer Celebration | Menahga
St. Urho Run | Menahga
Pig Races | Nevis
Muskie Days | Nevis
Firecracker Foot Race | Park Rapids
4th of July Parade & Fireworks | Park Rapids
PBR Challenge Tour Bull Ride | Park Rapids
Hubbard County Fair | Park Rapids
PRCA Sanctioned Rodeo | Park Rapids
Crazy Days Sales | Park Rapids
Bite of Park Rapids | Park Rapids
Minnesota Quilts Shop Hop | Park Rapids
Butterfly Hike | Park Rapids
Smokey Bear Day | Park Rapids
Motocity Quad Races | Staples
Wadena County Fair | Wadena

Local Area Events

AUGUST

National Night Out | Akeley
Hay Days | Akeley
500 Miles, 500 Lives Bike Ride | Akeley
Laporte Days | Laporte
Forestedge Winery Art Fair & Wine Tasting | Laporte
Community-Wide Garage Sales | Nevis
Northwoods Triathlon | Nevis
Uff Da! Days | Nevis
Rodfest | Nimrod
Minnesota Quilts Shop Hop | Park Rapids
Family Music Event | Park Rapids
Field Days | Park Rapids
Headwaters Animal Shelter Auction | Park Rapids
Legends & Logging Days | Park Rapids
Youth Music & Art Showcase | Park Rapids
Festival of Tables | Park Rapids
Crazy Days Sales | Park Rapids
Lake Itasca Region Pioneer Farmers' Show | Park Rapids
Fishhook Challenge | Park Rapids
North Country Hiking Fest | Park Rapids
Headwaters R/C Flying Club Fun Fly | Park Rapids
Railroad Days | Staples
Still Cruisin' Car Show | Staples
Motocity Quad Races | Staples
Motocity Bike Races | Staples
Straw Hat & Sun Bonnet Days | Verndale
Wadena County Historical Society Garage Sale | Wadena
Wadena Sidewalk Sales | Wadena
Rotary Corn & Chicken Feed | Wadena
Relay for Life | Wadena
Kruizin' 4 Kids Motorcycle Rally | Wadena

SEPTEMBER

Fall Fly In & R/C Aircraft Event | Laporte
Huntersville Fall Trail Ride | Menahga
Jubilee Days | Nimrod
End of the Season Sale at Itasca State Park | Park Rapids
Walk for Let's Go Fishing | Park Rapids
Fall Classic Fishing Tournament | Park Rapids
Headwaters 100 Bike Ride | Park Rapids
Fall Slam Fishing Tournament | Park Rapids
Art Leap | Park Rapids
Pumpkin Party | Park Rapids
Lantern Lit Night Hike | Park Rapids
City-Wide Rummage Sales | Sebeka
Motocity Bike Races | Staples
Motocity Harescramble | Staples

OCTOBER

Pumpkin Party | Park Rapids
All Veterans Memorial Dinner | Park Rapids
Living at Home's Rib Dinner | Park Rapids
Business Trick or Treat | Park Rapids
Motocity Bike Races | Staples

NOVEMBER

Christmas Celebration | Nevis
Headwater Animal Shelter Holiday Bazaar | Park Rapids
Headwater Animal Shelter Turkey Dinner | Park Rapids
Hubbard Holiday Boutique | Park Rapids
Park Rapids Craft Fair | Park Rapids
Fall Bazaar | Park Rapids
Light Up a Life Tree Lighting | Park Rapids
Holiday Open House | Park Rapids
Wadena Christmas Festival | Wadena

DECEMBER

Santa Day | Menahga
Light Up Menahga Contest | Menahga
Christmas Celebration | Nevis
Christmas Showcase | Park Rapids
Jingle Bells Drawing & Gala Celebration | Park Rapids
Santa Day & Carriage Rides | Wadena
Christmas in Wadena | Wadena

Hubbard & Wadena Counties | Resident Guide 3

Residential Services

HUBBARD COUNTY

Assessor	(218) 732-3452
Attorney	732-4133
Auditor	732-3196
Coordinator	732-2310
Court Administration	732-3573
Emergency Management	732-3135
Environmental Services	732-3890
Extension Service	732-3391
GIS.....	732-2304
Heartland Express	732-9328
Highway	732-3302
Human Resources	732-2310
License Bureau	732-3426
Maintenance	732-2253
Natural Resource Management	732-4270
Probation	732-9343
Public Works	732-3302
Recorder	732-3552
Sheriff	732-3331
Social Services	732-1451
Solid Waste	732-9568
Treasurer	732-4348
Veteran Services	732-3561
Victim Services	732-4133

Residential Services

WADENA COUNTY

Assessor	(218) 631-7628
Attorney	631-7739
Auditor & Treasurer	631-7650
Community Corrections	631-7618
Court Administration	631-7633
Emergency Management	631-7795
Extension Service	631-7623
Friendly Rider	631-5730
Highway	631-7636
Household Hazardous Waste	631-2474
Information Technology	631-7626
Parks	631-7604
Planning & Zoning	631-7604
Public Health	631-7629
Recorder	631-7622
Sheriff	631-7600
Social Services	631-7605
Solid Waste	631-2474
Veteran Services	631-7617

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Hubbard County History *(Park Rapids, County Seat)*

Once part of Cass County, Hubbard County was established in 1883. It was named in honor of Minnesota Governor and State Senator, Lucius Frederick Hubbard. With the development of the railroad, Hubbard County continued to thrive and general stores, hotels and a variety of businesses were founded. Early industry included agriculture, logging and tourism and Park Rapids was selected as the county seat. By 1900 the population of Hubbard County had reached 6,578 and the area has continued to grow. Today Hubbard County is home to approximately 18,810 residents.

CITIES:

- AKELEY** – pop. 412
- LAPORTE** – pop. 148
- NEVIS** – pop. 389
- PARK RAPIDS (COUNTY SEAT)** – pop. 3,648

TOWNSHIPS:

- AKELEY TOWNSHIP** – pop. 483
- ARAGO TOWNSHIP** – pop. 579
- BADOURA TOWNSHIP** – pop. 95
- CLAY TOWNSHIP** – pop. 48
- CLOVER TOWNSHIP** – pop. 143
- CROW WING LAKE TOWNSHIP** – pop. 262
- FARDEN TOWNSHIP** – pop. 987
- FERN TOWNSHIP** – pop. 209
- GUTHRIE TOWNSHIP** – pop. 433
- HART LAKE TOWNSHIP** – pop. 463
- HELGA TOWNSHIP** – pop. 1,328
- HENDRICKSON TOWNSHIP** – pop. 229
- HENRIETTA TOWNSHIP** – pop. 1,515
- HUBBARD TOWNSHIP** – pop. 778
- LAKE ALICE TOWNSHIP** – pop. 87
- LAKE EMMA TOWNSHIP** – pop. 892
- LAKE GEORGE TOWNSHIP** – pop. 380
- LAKE HATTIE TOWNSHIP** – pop. 130
- LAKEPORT TOWNSHIP** – pop. 738
- MANTRAP TOWNSHIP** – pop. 465
- NEVIS TOWNSHIP** – pop. 867
- ROCKWOOD TOWNSHIP** – pop. 462
- SCHOOLCRAFT TOWNSHIP** – pop. 106
- STEAMBOAT RIVER TOWNSHIP** – pop. 121
- STRAIGHT RIVER TOWNSHIP** – pop. 661
- THORPE TOWNSHIP** – pop. 43

**Populations are approximate.*

Hubbard County Communities

AKELEY

Akeley was established by the Red River Lumber Company in 1893 as a logging community. Settlements began in 1895 and a sawmill was built followed by the arrival of the railroad. The area began to thrive and as the logging industry slowed in the early 1900's, dairy farming became the highest grossing industry in the area. Today Akeley is home to approximately 412 residents.

LAPORTE

The name, "laportes" is derived from the french word meaning "door" or "gate." The town was originally called Lakeport, but its name was changed in the early 1900's. With construction of the railroad in 1898, Laporte housed a depot and the area began to develop. A post office was established in 1899 with Nelson Daughters serving as the area's first postmaster and Laporte continued to thrive. Today Laporte is home to approximately 148 residents.

NEVIS

Nevis was named after the highest mountain in Great Britain known as Ben Nevis. It was incorporated as a village in 1902 and its population grew early when the railroads were introduced to the area. Churches, schools, hotels and social halls were founded and the area became a popular destination for summer travelers. It is now widely recognized for housing the world's largest tiger muskie statue and its great fishing opportunities. Today Nevis is home to approximately 867 residents.

PARK RAPIDS (COUNTY SEAT)

Park Rapids was first settled in 1882 by Frank C. Rice and was named after the parklike groves and rapids from the Fish Hook River. Streets were then platted and Park Rapids was selected as the county seat. Many early pioneers were attracted to the area because of the rolling prairies for agriculture and the abundance of timber for logging. As the railroad arrived, Park Rapids began to develop and the area became a popular vacation destination. Today Park Rapids is home to approximately 3,648 residents.



Wadena County History *(Wadena, County Seat)*

Wadena County was established in 1858 and organized in 1873. The name Wadena was derived from an Ojibwe word meaning, “little round hill,” and the area developed around a trading post along the Crow Wing River. The city of Wadena was selected as the county seat and with construction of the railroad in 1872, businesses, schools and churches were established. Early industry was dominated by agriculture and by 1900 the population of Wadena County had reached 7,921. Today Wadena County is home to approximately 13,311 residents.

CITIES:

ALDRICH – pop. 47
MENAHGA – pop. 1,196
NIMROD – pop. 72
SEBEKA – pop. 650
STAPLES – pop. 3,019
VERNDALE – pop. 529
WADENA (COUNTY SEAT) – pop. 3,980

TOWNSHIPS:

ALDRICH TOWNSHIP – pop. 424
BLUEBERRY TOWNSHIP – pop. 711
HUNTERSVILLE TOWNSHIP – pop. 139
LEAF RIVER TOWNSHIP – pop. 516
LYONS TOWNSHIP – pop. 188
MEADOW TOWNSHIP – pop. 240
NORTH GERMANY TOWNSHIP – pop. 335
ORTON TOWNSHIP – pop. 231
RED EYE TOWNSHIP – pop. 427
ROCKWOOD TOWNSHIP – pop. 396
SHELL RIVER TOWNSHIP – pop. 279
THOMASTOWN TOWNSHIP – pop. 708
WADENA TOWNSHIP – pop. 982
WING RIVER TOWNSHIP – pop. 433

**Populations are approximate.*

Wadena County Communities

ALDRICH

Founded as a logging community, Aldrich was settled in the late 1880’s as pioneers were attracted to the fertile soil and access to timber. The community was named after Cyrus Aldrich, a member of the Minnesota state legislature and postmaster of Minneapolis. The first post office was established in 1877 and as the railroad was constructed, the area continued to grow and the community was incorporated in 1938. Today Aldrich is home to approximately 47 residents.

MENAHGA

Settled by Finnish immigrants in 1875, Menahga’s name was derived from the Ojibwe word for “blueberry.” Pioneers arrived to stake claims and early industry included logging and agriculture. In 1891 the Great Northern Railway entered the area and the area began to grow dramatically. Menahga was incorporated in 1892 and a post office was established. Today Menahga is home to approximately 1,196 residents.

NIMROD

Nimrod was settled in the late 1880’s and its name was derived from a passage in the Bible. As rail lines were constructed, Nimrod became a stopping place along the Wheat Trail and a hotel was built to meet the needs of travelers. A post office was established in 1887 with Mary L. Williams serving as the area’s first postmaster. The area grew slowly and was incorporated in 1924. Today Nimrod is home to approximately 72 residents.

SEBEKA

Established in 1898 as a railway village, Sebek was named by Colonel William Crooks, a railway engineer. A sawmill, general store and hotel were constructed which attracted many settlers to the area. By 1900 its population had reached 233 and the area has continued to grow. Today Sebek is home to approximately 650 residents.

STAPLES

In the late 1800’s the Dower and Staples families, who were prominent in the lumber industry, settled in present day Staples. The local lake was named after the Dower family and the community was named after the Staples family. As the area began to develop, schools, churches, stores, mills and blacksmith shops were built and the area has since grown. Today Staples is home to approximately 3,019 residents.

Wadena County Communities

VERNDALE

Settled in the late 1800's, Verndale was named in honor of Vernie Smith, a granddaughter of one of the first settlers, Lucas W. Smith. The community was established as a railway village and with the development of businesses and industry, Verndale continued to grow. Today Verndale is home to approximately 529 residents.

WADENA (COUNTY SEAT)

Originally a trading post along the Crow Wing River, Wadena was settled in 1871. As rail lines were constructed, businesses were established, and the area began to grow. Its name is derived from an Ojibwe word meaning "little round hill" and as the area continued to develop, Wadena was selected as the county seat. Today Wadena is home to approximately 3,980 residents.

Parks & Recreation

ANDERSON'S CROSSING CAMPGROUND

Spanning 113 acres, Anderson's Crossing is home to the Butterfield Rapids. Located in Nimrod.

BULLARD'S BLUFF

A secluded campsite spanning 80 acres, Bullard's Bluff was once known as "Hog Heaven" for the numerous wild pigs that occupied the area. Located in Sebeka.

COTTINGHAM PARK

Cottingham Park is equipped with a boat and canoe landing, picnic areas and a hiking trail leading south to Bullard's Bluff Campsite. Located in Sebeka.

CROW WING RIVER CAMPGROUND

Crow Wing River Campground is located on 15 acres along the Crow Wing River. Amenities include fire rings and picnic tables. Visitors can enjoy primitive camping, swimming and fishing. Located in Sebeka.

FARRIS PARK

Amenities include a reservable picnic shelter, ball field, basketball court, tennis court, paved walking trail and restrooms. Located in Farden Township.

Parks & Recreation

FRAMES' LANDING CAMPGROUND

A 14 acre campsite that was named after one of Nimrod's first settlers, Frames' Landing was once the location of a Civilian Conservation Corps Camp established after WWII. Located in Nimrod.

HEARTLAND PARK

Amenities include reservable picnic shelters, playground equipment, basketball court, horseshoe court, ball field, fishing pier, public access, public swimming beach and restrooms. Located in Park Rapids at the start of the Heartland Trail.

ITASCA STATE PARK

Recognized as Minnesota's oldest state park, Itasca State Park is located on 32,000 acres and features a wilderness sanctuary, a campground, hiking trail, fishing opportunities, interpretive center and historical sites. Located in Park Rapids.

KNOB HILL CAMPGROUND

A 150 acre secluded site, Knob Hill is a split-level campsite with access to rapids. Located in Sebeka.

LAKE GEORGE COMMUNITY PARK

Amenities include playground equipment, basketball court, ball field, reservable picnic shelter, public access, swimming beach and restrooms. Located in Lake George on Paine Lake.

LITTLE WHITE DOG

Once known as "Little Round Hill," Little White Dog is home to an Indian lookout point offering scenic views of the Crow River. Located in Sebeka.

MCGIVERN PARK

Located on 40 acres, McGivern Park is home to a rifle range operated by the Staples Sportsmens Club and is the ending point for the Wadena Crow Wing Canoe Trail. Amenities include picnic tables and a shelter. Located in Sebeka.

OLD WADENA

Old Wadena was established in 1857 and is situated on the banks of the Crow River. Campsites are available and is home to a variety of festivals and shows throughout the year. Located in Staples.

STIGMAN'S MOUND

Stigman's Mound is a picnic area at the Nimrod Bridge with a covered picnic shelter. It is named after the Major League pitcher Dick Stigman. Located in Nimrod.

TREE FARM LANDING

Tree Farm Landing is a 20 acre picnic and camping area with hiking trails. Located in Sebeka.

Local Area Attractions

BEARS DEN GOLF COURSE

18454 Dayspring Dr. | Park Rapids | (218) 732-7373
www.timberlaneresort.com/golf.html

BLUEBERRY PINES GOLF CLUB

39161 Hwy. 71 | Menahga | (218) 564-4653
www.blueberrypinesgolf.com

BROOKSIDE GOLF COURSE

31671 Co. Rd. 50 | Park Rapids | (800) 247-1615
www.brookside-resort.com

CHARACTER CHALLENGE COURSE COMPANY

13218 Co. Rd. 40 | Park Rapids | (218) 760-8442
www.characterchallengecourse.com

COZY THEATRE

223 Jefferson St. S | Wadena | (218) 631-1201
www.cozytheatre.com

THE DEPOT IN WADENA

100 Aldrich Ave. SW | Wadena | (218) 632-5999
www.thedepotwadena.org

EAGLE VIEW GOLF COURSE

24988 Hwy. 71 | Park Rapids | (218) 732-7102

EVERGREEN FUN PARK

26468 Hwy. 71 | Park Rapids | (218) 732-9609
www.evergreengiftsandfun.com

EVERGREEN LODGE & GOLF COURSE

17838 Goldeneye Ln. | Park Rapids | (218) 732-4766

FORESTEDGE WINERY

35295 Hwy. 64 | Laporte | (218) 224-3535
www.forestedgewinery.com

HEADWATERS COUNTRY CLUB

20018 Co. Rd. 1 | Park Rapids | (218) 732-4832
www.headwatersgolf.com

HEART OF MINNESOTA EMU RANCH

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www.emumagic.com/ranch

HUBBARD COUNTY HISTORICAL MUSEUM

301 Court Ave. | Park Rapids | (218) 732-5237
www.hubbardcountyhistory.org

ITASCA STATE PARK

36750 Main Park Dr. | Park Rapids | (866) 857-2757
www.dnr.state.mn.us/state_parks/itasca

JASPER'S THEATER

P.O. Box 652 | Park Rapids | (218) 237-4333
www.jaspertheater.com

KNOB HILL SPORTSMAN CLUB

13334 Knob Hill Rd. | Wadena | (218) 631-1583
www.knobhillsportsmansclub.com

LONG LAKE THEATER

12183 Beacon Rd. | Park Rapids | (218) 732-0099
www.longlaketheater.net

LORI LEA LANES & LOUNGE

16137 Hwy. 34 | Park Rapids | (218) 732-4229

MENAHGA HISTORICAL SOCIETY & MUSEUM

320 Helsinki Blvd. NE | Menahga | (218) 564-5063
www.menahgamuseum.com

NAMETH ART CENTER

301 Court Ave. | Park Rapids | (218) 237-5900
www.nemethartcenter.org

NORTHERN LIGHTS CASINO

6800 Y Frontage Rd. NW | Walker | (877) 544-4879
www.northernlightscasino.com

NORTHERN LIGHTS OPERA COMPANY

401 Huntslinger Ave. | Park Rapids | (218) 237-0400
www.northernlightopera.org

Local Area Attractions

NORTHLAND BISON RANCH

23527 Hwy. 40 | Nevis | (218) 652-3582
www.northlandbison.com

NORTHSTAR SPORTSMAN CLUB

10215 Rifle Range Dr. NW | Laporte | (218) 547-3936

PARK THEATRE

107 Main Ave. S | Park Rapids | (218) 732-3461
www.prmovietheatre.com

VINTAGE GOLF CLUB

27923 McGivern Dr. | Staples | (218) 894-9907
www.vintagegolfclub.com

WADENA COUNTY HISTORICAL SOCIETY

603 Jefferson St. N | Wadena | (218) 631-9079
www.wadenacountyhistory.org

WADENA FLEA & CRAFT MARKET

13560 Hwy. 10 | Wadena | (218) 640-1126
www.wadenafleamarket.com

WHITETAIL RUN GOLF COURSE

13379 Leaf River Rd. | Wadena | (218) 631-7718
www.whitetailrunggolfcourse.com

WOODTICK MUSICAL THEATER

65 Broadway St. E | Akeley | (800) 644-6892
www.woodticktheater.net

Tips on Recycling & Living Greener

Recycle as much as you can. Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.

Switch your incandescent light bulbs to compact fluorescent ones. Save money and energy.

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.

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



ble 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 re-purpose 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.





DNR License Centers

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

AKELEY

LAKE AREA CO-OP

440 Broadway St. NE | Akeley | (218) 652-2664

T & M EXPRESS

85 Broadway St. E | Akeley | (218) 652-3676

BENEDICT

FORT BENEDICT GROCERY

34365 Co. Rd. 38 | Benedict | (218) 224-2334

LAKE GEORGE

WOODLAND CONVENIENCE STORE

37147 Hwy. 71 | Lake George | (218) 699-3033

LAPORTE

ITASCA JUNCTION

34510 Hwy. 71 | Laporte | (218) 368-1574

LAPORTE GROCERY STORE

20 E Main St. | Laporte | (218) 224-2202

MILLER'S GAS & SERVICE

10 Central Ave. S | Laporte | (218) 224-2774

MENAHGA

ORTON'S Menahga BP

12 Aspen Ave. SE | Menahga | (218) 564-4545

SHELL SPORTS & BAIT

17 Aspen Ave. NW | Menahga | (218) 564-5203

NEVIS

NORTHWIND GROCERY

200 Bunyan Trl. Rd. | Nevis | (218) 652-3605

ROUND BAY RESORT

23608 Hwy. 87 | Nevis | (218) 732-4880

T & M EXPRESS

116 Bunyan Trl. Rd. | Nevis | (218) 652-3115

PARK RAPIDS

DELANEY'S SPORTS

1100 1st St. | Park Rapids | (218) 732-4281

EMMAVILLE STORE, LLC

28021 Co. Rd. 4 | Park Rapids | (218) 732-8544

HOLIDAY STATION STORE (#26)

719 1st St. E | Park Rapids | (218) 732-7136

DNR License Centers

PARK RAPIDS, CONTD.

L & M SUPPLY

1307 1st St. E | Park Rapids | (218) 326-9451

NORTHERN BAIT, INC.

614 S Main Ave. S | Park Rapids | (218) 732-5113

ORTON'S PARK RAPIDS FOOD MART

1109 1st St. E | Park Rapids | (218) 237-2220

PARK RAPIDS DEPUTY REGISTRAR

322 Main Ave. S | Park Rapids | (218) 732-4363

ROCK CREEK GENERAL STORE, INC.

59459 115th Ave. | Park Rapids | (218) 266-3996

SMOKEY HILLS OUTDOOR STORE

19143 Hwy. 71 | Park Rapids | (218) 237-5099

WALMART SUPERCENTER (#4244)

1303 Charles St. | Park Rapids | (218) 732-0339

SEBEKA

RIFE STOP-N-SHOP

320 Minnesota Ave. W | Sebeka | (218) 837-5455

TED'S HARDWARE

206 Minnesota Ave. W | Sebeka | (218) 837-5012

WADENA

HOLIDAY STATION STORE (#93)

101 Jefferson St. N | Wadena | (218) 631-4393

ORTON'S WADENA BP

5 Ash St. S | Wadena | (218) 631-1434

WADENA LICENSE BUREAU

636 N Jeff St. | Wadena | (218) 631-3623

WALMART SUPERCENTER (#4246)

100 Juniper Ave. NW | Wadena | (218) 631-1068

WEBER'S WADENA HARDWARE

109 Jefferson St. S | Wadena | (218) 631-2454

Minnesota Fishing Seasons

BOWFISHING

05/01/13 - 02/23/14

WALLEYE, SAUGER & NORTHERN PIKE

05/11/13 - 02/23/14

LARGEMOUTH BASS*

05/11/13 - 02/23/14

SMALLMOUTH BASS*

(Catch & Release) 09/09/13 - 02/23/14

LAKE TROUT*

(BWCA) 12/29/12 - 03/31/13
(Outside BWCA) 01/12/13 - 03/31/13
05/11/13 - 09/30/14

STREAM TROUT*

(Southeast) 01/01/13 - 03/31/13
(Catch & Release) Spring: 04/01/13 - 04/12/13
Summer: 05/11/13 - 10/31/13
Fall: 09/15/13 - 09/30/13
(All Lakes) 05/11/13 - 10/31/13

Muskie

06/01/13 - 12/01/13

Take-a-kid fishing weekend

06/07/13 - 06/09/13

*Contact the MN DNR for specific zone information by calling: 1 (888) 646-6367.

Minnesota State Record Fish

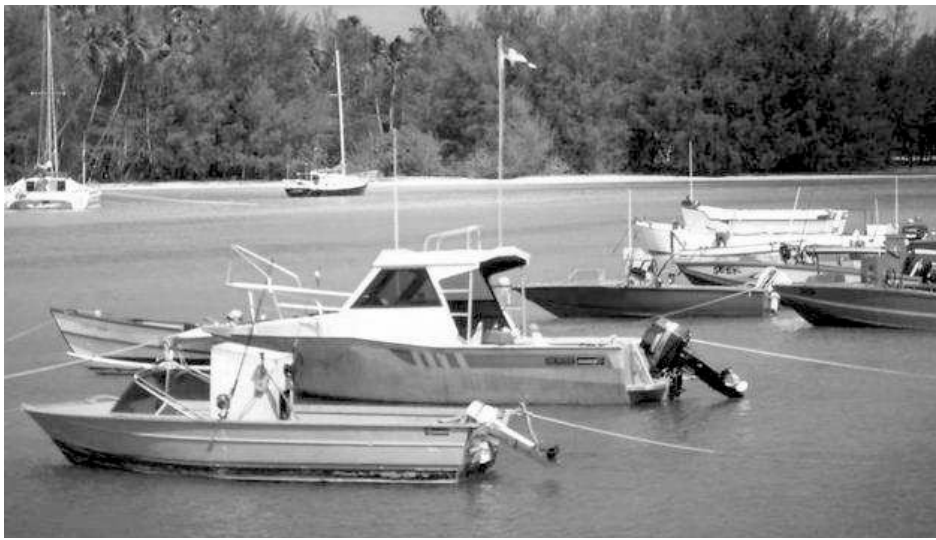
Follow these steps if you catch a fish that you think could be a record:

- Weigh the fish on a state-certified scale (found at most bait shops and butcher shops), witnessed by two observers.
- Take the fish to a DNR fisheries office for positive identification and a state record fish application.
- Complete the state record submission form and send it along with a clear, full-length photo of your fish to the address listed on the form.

SPECIES	WEIGHT (lbs. - oz.)	LENGTH/GIRTH (inches)	WATERBODY	YEAR
Bass, Largemouth	8-15	23.5/18	Auburn Lake	2005
Bass, Rock (tie)	2-0	13.5/12.5	Osakis Lake	1998
	2-0	12.6/12.4	Lake Winnibigoshish	2004
Bass, Smallmouth	8-0	NA	West Battle Lake	1948
Bass, White	4-2.4	18.5/15.1	Mississippi River	2004
Bluegill	2-13	NA	Alice Lake	1948
Bowfin	11-4	35/20	St. Croix River	2008
Buffalo, Bigmouth	41-11	38.5/29.5	Mississippi River	1991
Buffalo, Black	20-.5	34.2/20	Minnesota River	1997
Buffalo, Smallmouth	20-0	32/23.75	Big Sandy	2003
Bullhead, Black	3-13.12	17.17/14.96	Reno Lake	1997
Bullhead, Brown	7-1	24.4/NA	Shallow Lake	1974
Bullhead, Yellow	3-10.5	17.88/11.75	Osakis Lake	2002
Burbot	19-3	36.25/22.75	Lake of the Woods	2001
Carp	55-5	42/31	Clearwater Lake	1952
Carp sucker, River	3-15	19.5/14	Mississippi River	1991
Catfish, Channel	38-0	44/NA	Mississippi River	1975
Catfish, Flathead	70-0	NA	St. Croix River	1970
Crappie, Black	5-0	21/NA	Vermillion River	1940
Crappie, White	3-15	18/16	Lake Constance	2002
Drum, Freshwater	35-3.2	36/31	Mississippi River	1999
Eel, American	6-9	36/14	St. Croix River	1997
Gar, Longnose	16-12	53/16.5	St. Croix River	1982
Gar, Shortnose	4-9.6	34.6/10	Mississippi River	1984
Goldeye	2-13.1	20.1/11.5	Root River	2001
Hogsucker, Northern	1-15	14.25/7.13	Sunrise River	1982
Mooneye	1-15	16.5/9.75	Minnesota River	1980

Minnesota State Record Fish

SPECIES	WEIGHT (lbs. - oz.)	LENGTH/GIRTH (inches)	WATERBODY	YEAR
Muskellunge	54-0	56/27.8	Lake Winnibigoshish	1957
Muskellunge, Tiger	34-12	51/22.5	Lake Elmo	1999
Perch, Yellow	3-4	NA	Lake Plantaganette	1945
Pike, Northern	45-12	NA	Basswood Lake	1929
Pumpkinseed	1-5.6	10.1/12.13	Leech Lake	1999
Quillback	7-4.5	22.63/18	Mississippi River	1991
Redhorse, Golden	3-15.5	20.13/12.38	Root River	2007
Redhorse Greater	12-11.5	28.5/18.5	Sauk River	2005
Redhorse, River	12-10	28.38/20	Kettle River	2005
Redhorse, Shorthead	7-15	27/15	Rum River	1983
Redhorse, Silver	9-15	26.6/16.88	Big Fork River	2004
Salmon, Atlantic	12-13	35.5/16.5	Baptism River	1991
Salmon, Chinook	33-4	44.75/25.75	Poplar River	1989
Salmon, Chinook	33-4	42.25/26.13	Lake Superior	1989
Salmon, Coho	10-6.5	27.3/NA	Lake Superior	1970
Salmon, Kokanee	2-15	20/11.5	Caribou Lake	1971
Salmon, Pink	4-8	23.5/13.2	Cascade River	1989
Sauger	6-2.75	23.88/15	Mississippi River	1988
Splake	13-5.44	33.5/19	Larson Lake	2001
Sturgeon, Lake	94-4	70/26.5	Kettle River	1994
Sturgeon, Shovelnose	5-9	36/11.88	Mississippi River	2007
Sucker, Blue	14-3	30.4/20.2	Mississippi River	1987
Sucker, Longnose	3-10.6	21/10.25	Brule River	2005
Sucker, White	9-1	24.25/16.25	Big Fish Lake	1983
Sunfish, Green	1-4.8	10.25/10.63	North Arbor Lake	2005
Sunfish, Hybrid	1-12	11.5/12	Zumbro River	1994
Trout, Brook	6-5.6	24/14.5	Pigeon River	2000
Trout, Brown	16-12	31.4/20.6	Lake Superior	1989
Trout, Lake	43-8	NA	Lake Superior	1955
Trout, Rainbow	16-6	33/19.5	Devil Track River	1980
Trout, Tiger	2-9.12	20/9.63	Mill Creek	1999
Tullibee	5-11.8	20.45/16.4	Little Long Lake	2002
Walleye	17-8	35.8/21.3	Seagull River	1979
Walleye -Sauger Hybrid	9-13.4	27/17.75	Mississippi River	1999
Warmouth	0.41	8/7.25	Bartlet Lake	2010
Whitefish, Lake	12-4.5	28.5/20	Leech Lake	1999
Whitefish, Menominee	2-7.5	21/9.1	Lake Superior	1987



Boating Safety

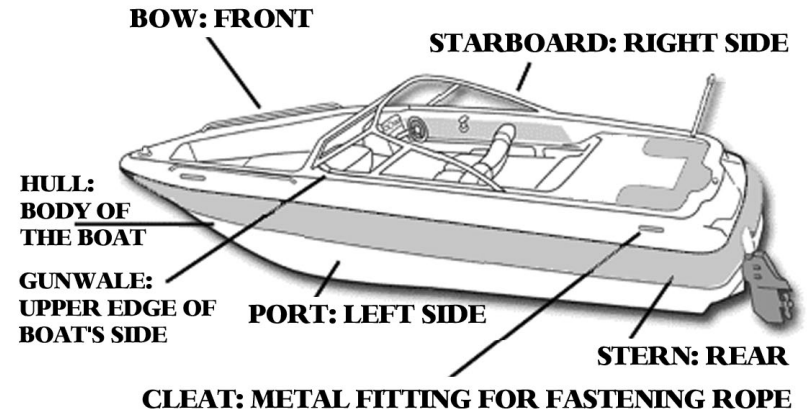
Operating Watercraft

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

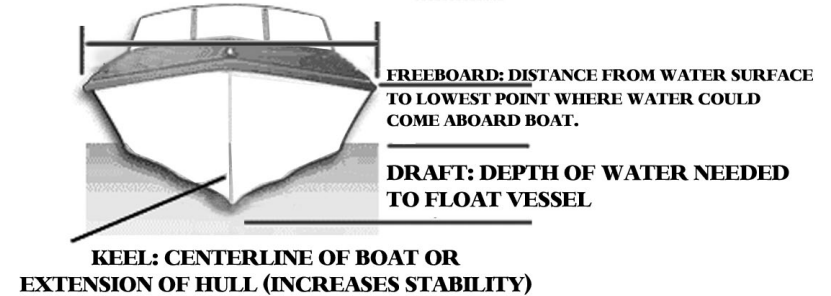
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone sit on pedestal seats when craft is not in idle.
- Don't overload your boat. Balance the load of passengers and gear stored on-board.
- Keep your center of gravity low by not allowing people to stand up or move around while craft is in motion.
- In small boats, don't allow anyone to lean beyond the gunwale.
- Turn boat at slow rates of speed.
- Secure the anchor line to the bow, never to the stern.
- Don't risk operating water craft in rough conditions or bad weather.

Boating Safety

Know Your Craft



BEAM: MAXIMUM WIDTH OF BOAT



Who May Operate a Motorboat (Other Than a Personal Watercraft)

For engines 25 horsepower or less:

Those under age 12 may operate without restrictions.

For engines over 25 horsepower through 75 horsepower:

Those under age 12 must have someone 21 years of age or older on board within reach of the controls.

For engines over 75 horsepower:

No children under age 12 may operate, even with an adult on board.

Other restrictions apply to boat operators 12 to 17 years old:

Operators from 12 to 17 years of age may operate engines of 25 horsepower or lower with no restrictions.

For engines over 25 horsepower:

Operators 12 to 17 years of age must have:

A watercraft operator's permit, or someone age 21 years or older on board within reach of the controls.

Boating Safety

Flotation Devices



Offshore Life Jackets - Type 1:

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



Near-Shore Vests - Type 2:

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



Flotation Aids - Type 3:

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



Unwearable / Throwable Devices - Type 4:

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



Special Use - Type 5:

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

All watercraft must have at least one Coast Guard Approved Type 1, 2, 3 or 5 flotation device that is the proper size for each person on board or being towed.

All devices must be in good condition and easily accessible.

Children under age 10 must wear a device when on board a boat that is underway unless:

in an enclosed cabin or below deck or on an anchored boat that is being used for swimming or diving or passenger craft with a licensed captain.

Along with the above at least one approved Type 4 must be on board boats 16 ft. or longer (except canoes and kayaks) and immediately available.

A Coast Guard approved Type 5 device may be substituted for any other Coast Guard approved device if it meets the same requirements and is noted on the label.

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

**“Pro Ag Farmers Coop
is a farmer owned Co-operative
system that serves Central Minnesota
in feed and agronomy.”**

Pro Ag Farmers Coop

 **Purina Animal Nutrition**

CLARISSA

Fully trained agronomy staff with certified 2 Certified Crop advisors.

- Liquid and dry fertilizers
- Multiple seed company choices
- 4 sprayers
- 6 tender trucks
- 12 pull spreaders
- 3 airflows
- Liming unit
- Herbicides and insecticide programs
- Improved Modern Feed Mill with full range of feed products and services
- 2 trained nutritionist for all species
- Access to PHD tech support all species
- Liquid feed options
- Bagging facility
- Bagged feeds
- 2 twelve ton, and one 15 ton delivery units for feed. 1 unit for liquids and lick tanks



- Full line of commodity feeds
- Custom mixes
- Tubs for dairy, beef and general livestock

EAGLE BEND

- Grain buying and selling
- Grain cleaning for seed and corn burners
- 185,000 bushel storage capacity

Full retail outlet in Eagle Bend for....

- Bagged feed (all species)
- Pet feeds
- Rangeland@ Tubs
- Trained nutritionist on staff
- Farm supplies
- Fencing
- Water pipes, cups, Etc.
- Baling supplies
- Much more! With Delivery options available!



Pro Ag Farmers Coop

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important customer...
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CLARISSA
800-432-6340 or 218-756-2112

Website for markets and more.... **ProAGFarmer.com**

Minnesota Hunting Seasons

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

Contact the MN DNR for specific zone areas:

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

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

HUNTING

RABBIT & SQUIRREL

09/15/12 - 02/28/13; 09/14/13 - 02/28/14

GRAY & RED FOX, BADGER, OPOSSUM & RACCOON

(North) 10/20/12 - 03/15/13; 10/19/13 - 03/13/14
(South) 10/20/12 - 03/15/13; 10/19/13 - 03/15/14

GOOSE

(Spring Light Goose) 03/01/13 - 04/30/13
(Early Canada Goose) 09/01/13 - 09/20/13

CROW

03/01/13 - 03/31/13; 07/15/13 - 10/15/13

BEAR

09/01/13 - 10/13/13

MOURNING DOVE

09/01/13 - 10/30/13

SNIPE & RAIL

09/01/13 - 11/04/13

DEER

(Archery) 09/14/13 - 12/31/13
(Youth) 10/17/13 - 10/20/13
(Camp Ripley Archery) 10/17/13 - 10/18/13
(Firearm 2A & 3A) 11/09/13 - 11/17/13
(Firearm 1A) 11/09/13 - 11/24/13
(Firearm 3B) 11/23/13 - 12/01/13
(Muzzleloader) 11/30/13 - 12/15/13

SHARPTAILED GROUSE

09/14/13 - 11/30/13

HUNTING, CONTD.

GROUSE & GRAY PARTRIDGE

09/15/12 - 01/01/13; 09/14/13 - 01/01/14

WOODCOCK

09/22/12 - 11/05/12

MOOSE

(Northeast Zone) 09/28/13 - 10/13/13

TURKEY

09/28/13 - 10/27/13

PHEASANT

10/12/13 - 01/01/14

PRAIRIE CHICKEN

10/19/13 - 10/23/13

FISHER & PINE MARTEN

11/30/13 - 12/05/13

FURBEARER TRAPPING

BEAVER

(North) 10/26/13 - 04/30/14
(South) 11/02/13 - 04/30/14

MINK & MUSKRAT

(North) 10/26/13 - 02/28/14
(South) 11/02/13 - 02/28/14

OTTER

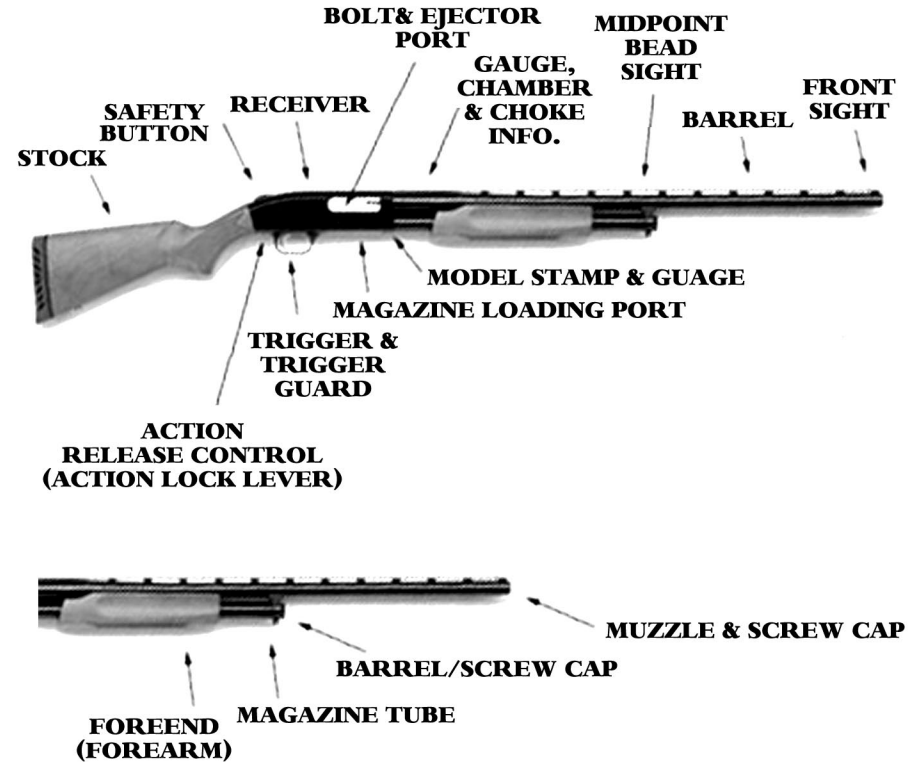
(North Zone) 10/26/13 - 01/05/14
(South Zone) 11/02/13 - 01/05/14

BOBCAT

11/24/12 - 01/05/13; 11/30/13 - 12/05/13

**At the time of publication not all of the 2013-2014 Minnesota Hunting Seasons were available.
Contact www.dnr.state.mn.us for more information*

Hunting Safety



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

Here are five suggestions for a safe and successful hunting experience:

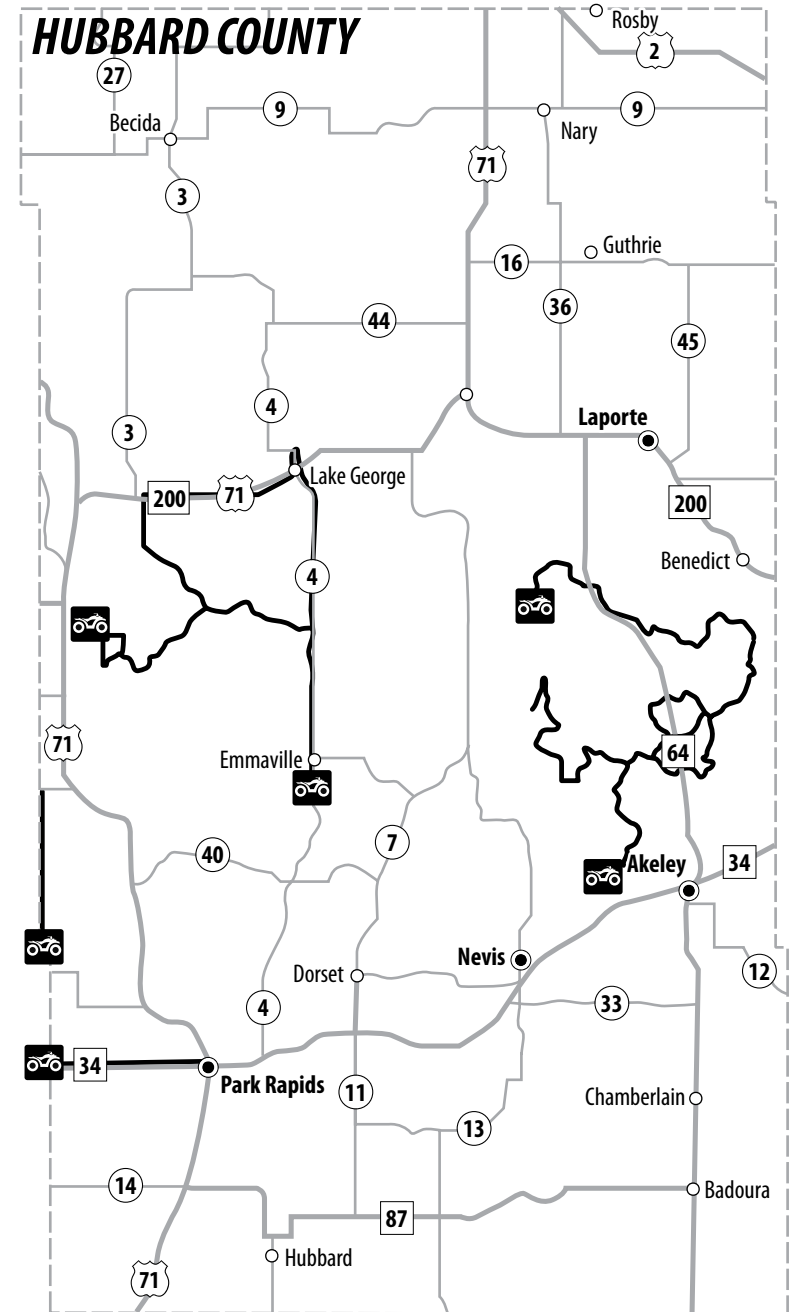
1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly in Minnesota, so hunters should carry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

ATV Safety

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

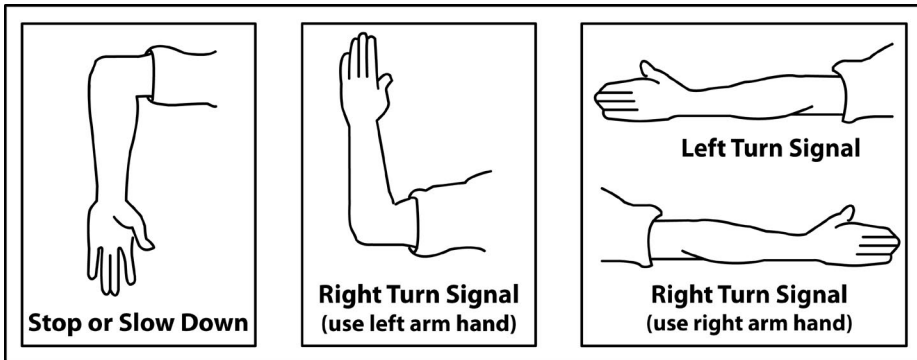


ATV Trails

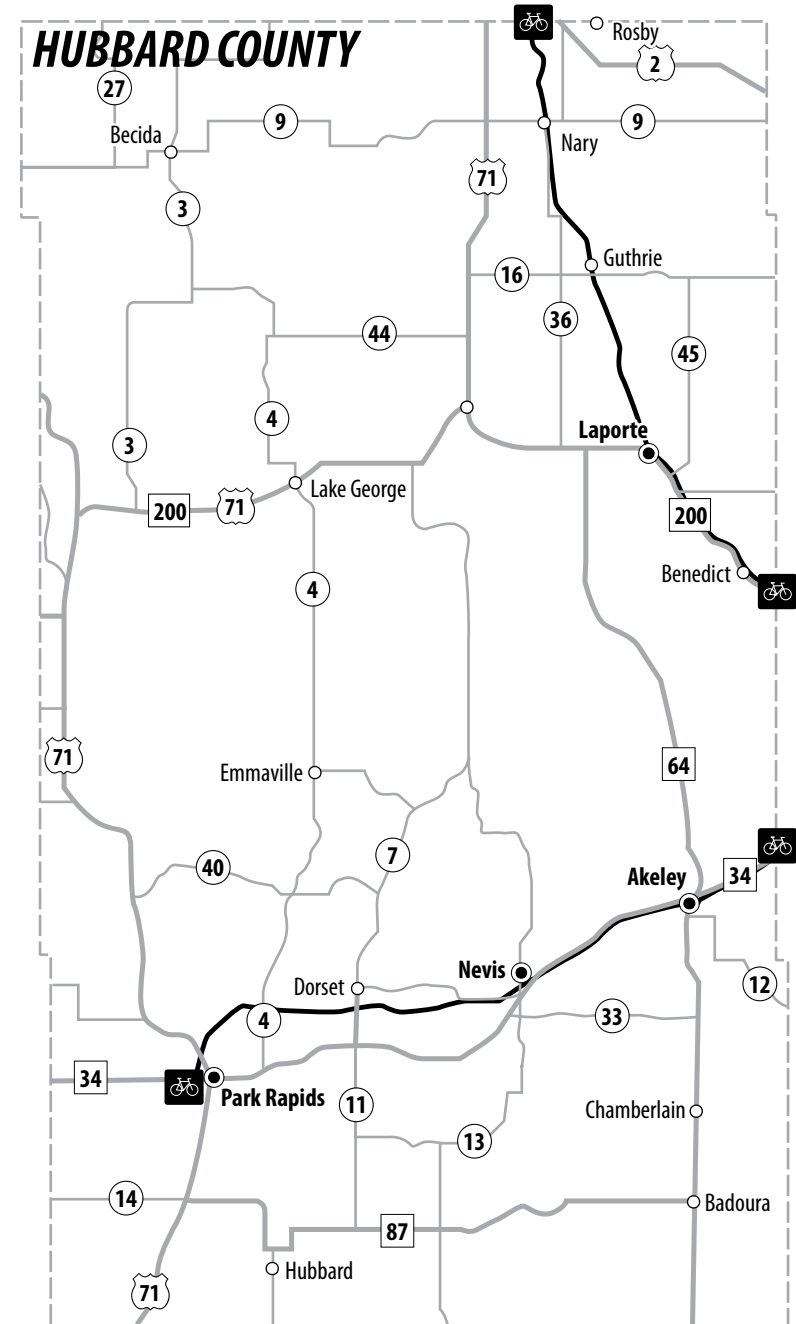


Bicycle Safety

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



Bicycle Trails



Snowmobile Safety

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

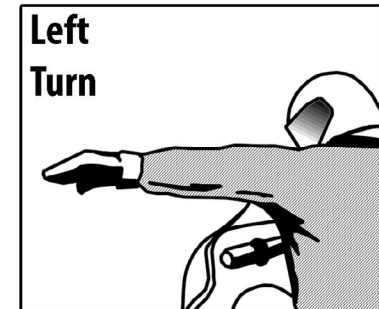
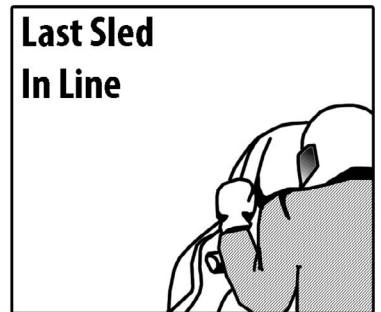
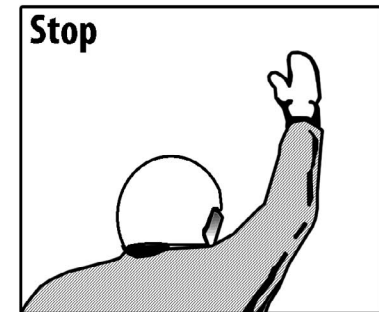
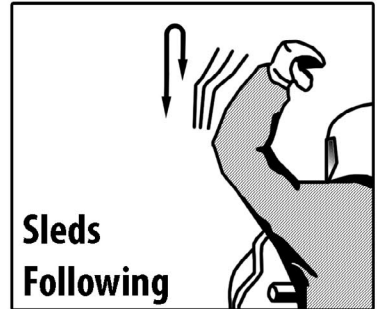
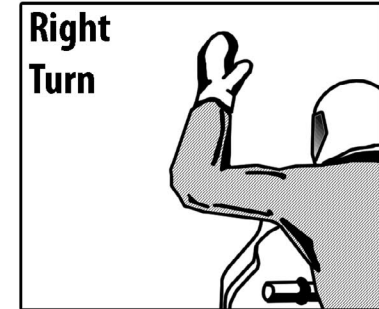
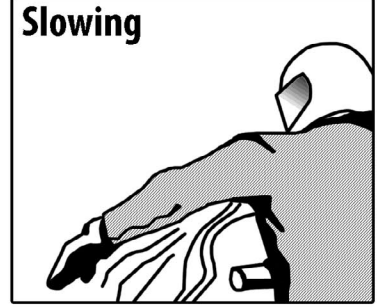
Common Trail Signs



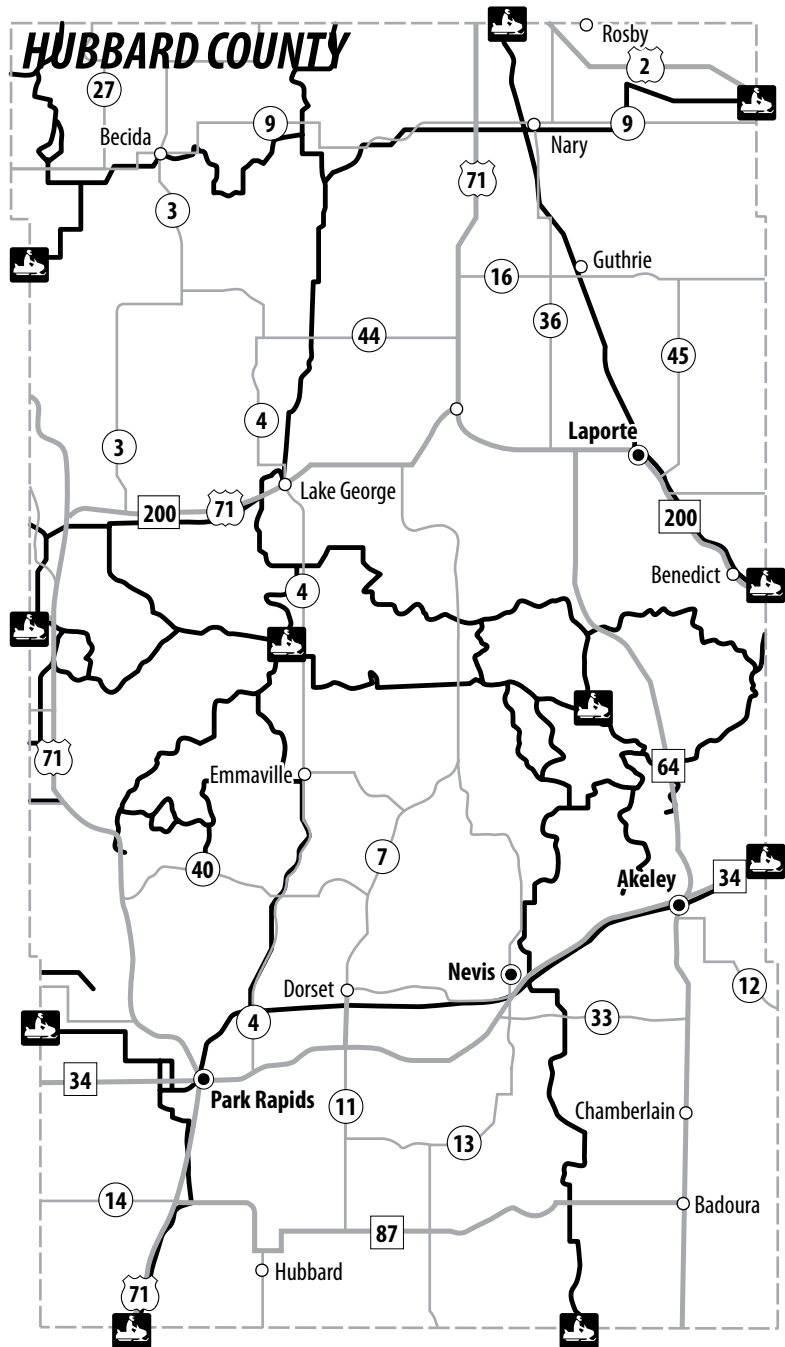
Snowmobile Safety

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

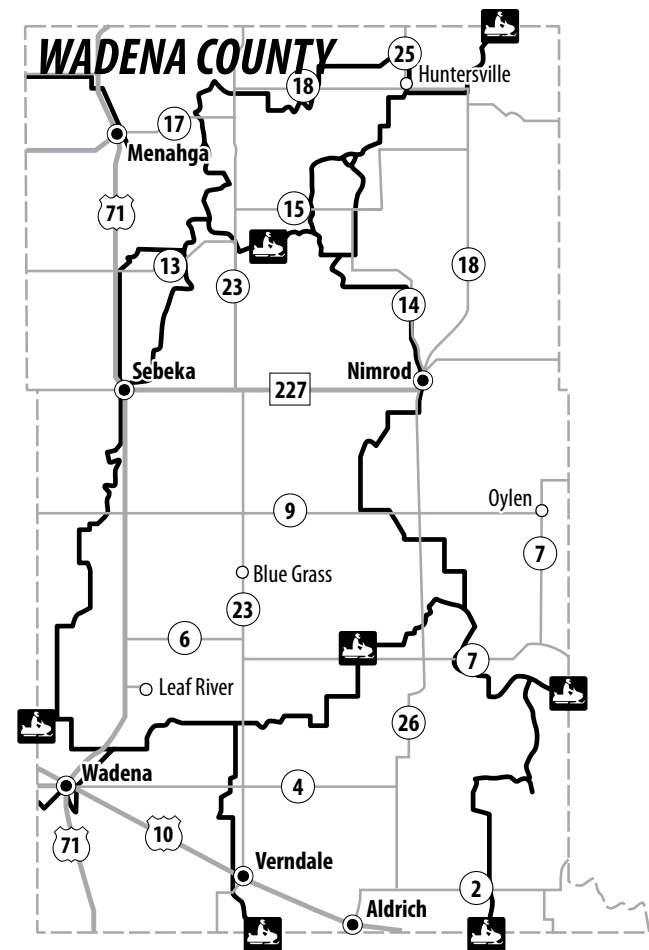
Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



Snowmobile Trails



Snowmobile Trails



Shop. Dine. Play. Stay.

LOCALLY

and help support businesses throughout your area.

Home Safety

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



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Emergency Planning

ESCAPE ROUTES

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

FLASHLIGHTS

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

FULLY CHARGED CELL PHONES

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

LIST OF VALUABLES

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

COMMUNITY EMERGENCY PLANS

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



THUNDERSTORM/TORNADO

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



FIRES

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

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**HELP
SUPPORT
YOUR
LOCAL
BUSINESS**

⊕ *Emergency First-Aid Tips* ⊕

FIRST AID FOR BURNS & CHOKING

BURNS

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

Bandage the burn with sterile gauze:

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

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

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

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

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

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

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

CHOKING

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

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

IN AN EMERGENCY, DIAL 911

⊕ *Emergency First-Aid Tips* ⊕

FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

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

CALL 911.

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

Loosen tight clothing.

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

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

POISON PREVENTION

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

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

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

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

IN AN EMERGENCY, DIAL 911

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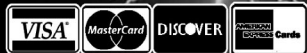
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Emergency Numbers For Kids

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

MY ADDRESS: _____

MY PHONE NUMBER: _____

MOM AT WORK: _____

MOM CELL PHONE: _____

DAD AT WORK: _____

DAD CELL PHONE: _____

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