RESIDENT GUIDE
Summer Edition

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

Itasca & Aitkin Counties, MN

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Local Area Events

JANUARY
Family Night at the Itasca Curling Club | Grand Rapids
White Oak Sled Dog Classic | Deer River
Winter Fest | Deer River
Jacobson Classic Snowmobile Ride | Grand Rapids
Aitkin Jaycees Fishing Contest | Aitkin

FEBRUARY
Annual Chili Bowl | Grand Rapids
Itasca Symphony Orchestra | Grand Rapids
Hurlbut-Ziemer American Legion Post 475 Ice Fishing Contest | Grand Rapids
Northwoods Pond Hockey Championship | Grand Rapids
Fat Fourteen | Grand Rapids
Palisade Mid-Winter Festival

MARCH
Northern Minnesota Builder's Show | Grand Rapids
Grand Rapids Area Boat Show
Jaycees' Home, Sport & Travel Show | Grand Rapids
Polar Bear Plunge | Grand Rapids
Home and Cabin Show | Grand Rapids
Fat Forest Fourteen (Fat Tire Bike Race) | Grand Rapids
Commerce and Outdoor Show | Aitkin

APRIL
Arrowhead Home & Builders Show | Duluth
Art for Earth Day Gallery Hop | Duluth
Homegrown Music Festival | Duluth
Easter Egg Hunt | Throughout Iron Range
Last Chance Bonspiel | Hibbing
Children's Fair | Grand Rapids
Easter Egg Hunt | Hill City
Hill City Fire Department Fish Fry | Hill City

MAY
Christopher & Banks MS Walk | Duluth
Dulcimer Day in Duluth Folk Music Festival
Grand Rapids Farmer's Market
Old Car Cruise Night | Grand Rapids
Stockcar Races | Grand Rapids
Fishing Opener BBQ & Fishy 5K | Grand Rapids
Dylan Days | Hibbing

MAY CONTD.
North Central MN Farm & Antique Assn's Swap Meet & Consignment Auction | Grand Rapids
James Sewell Ball | Grand Rapids
Get Fit Itasca Open Streets-Children First! Event | Grand Rapids
Area Wide Garage Sales | Hill City

JUNE
Grandma's Marathon | Duluth
Larkin Hoffman MS 150 Bike Tour | Duluth
Sieur Du Luth Summer Arts Festival | Duluth
Spring Dance | Grand Rapids
Bigfork Wildernes Days
Durchroom Softball Tournament | Grand Rapids
Bluegrass Festival | Grand Rapids
Judy Garland Festival | Grand Rapids
The Bash | Grand Rapids
Hbibbing Jubilee
National Trails Day | Park Rapids
Ladieslippers of Itasca | Park Rapids
Get Fit Itasca: Open Streets
Family Fun Day | McGregor
McGregor Area Fishing Tournament

JULY
Northshore Dragon Boat Festival | Duluth
Spirit Valley Days | Duluth
All Spartan Class Reunion | Keewatin
Keewatin Centennial Fireworks
Round Robin Canoe Race | Grand Rapids
National Lumberjack Championships | Keewatin
Prior Lake Water Ski Show | Keewatin
Two-Ten-Ten Trillion | Nashwauk
4th of July Parade | Nashwauk, Keewatin, Grand Rapids
Celoraine City Band Concert
Juried Art Show | Bigfork
Deer River Wild Rice Festival
Deer River Bar-b-que and Brew Fest
Timberman Triathlon | Grand Rapids
Woodcraft Festival | Grand Rapids
Art Fair | Grand Rapids
Krazy Dayz Sales | Grand Rapids

JULY CONTD.
Larry Maki Memorial Stockcar Race | Grand Rapids
Northstar Stampede Rodeo | Effie
Northern Cruisers Car Show | Grand Rapids
Lions Club Fly'n-Drive In Pancake Breakfast | Bigfork
Harris Township Centennial Celebration
Women on Water Fishing Tournament | Grand Rapids
Calumet Centennial
Worldwide Photowalk | Grand Rapids
Judy Garland Festival | Grand Rapids
South St. Louis County Fair | Proctor
Car Show and Swap Meet | Grand Rapids
Mississippi River Music Festival | Grand Rapids
Shootin the Rapids | Grand Rapids
Aitkin County Fair | Aitkin
Riverboat Heritage Days | Aitkin
Art in the Park | Hill City
Friends of Don Sather 5K Event | McGregor
4th of July Celebration | Hill City

AUGUST
Brewhouse Triathlon | Duluth
GlenSheen's Festival of Fine Art and Craft | Duluth
Bayfront Blues Festival | Duluth
Juried Art Exhibition | Grand Rapids
Star of the North Youth Golf Tournament | Grand Rapids
Arts & Crafts Fair | Bigfork
White Oak Rendezvous and History Festival | Deer River
Tall Timber Days | Grand Rapids
Greater Grand Rapids Rodeo
Dave Wohlers Memorial | Grand Rapids
Fish-A-Rama & Family 5K Fun Race | Celoraine
Threshing & Antique Show | Blackberry
Itasca County Fair | Grand Rapids
Real Horsepower & a Little Ox Power | Grand Rapids
St. Louis County Fair | Hibbing
North Country Hiking Fest | Park Rapids
Family Music Festival | Lake Itasca
Lumberjacks and Loons Bicycle Tour | Park Rapids
Riverboat Heritage Days | Aitkin
Block Party | Aitkin
Riverwood Gala Event | Aitkin

SEPTEMBER
Chisholm Fire Days
Grandma's Oktoberfest Celebration | Duluth
Bovey Farmer's Days
Goods From the Woods | Grand Rapids
12k Woodtick Run | Grand Rapids
Bargains are Great on Highway 38 | Grand Rapids
Festival of Adventures | Aitkin
Mud River Music Fest | Aitkin
Apple Festival | Aitkin
Wild Rice Days | McGregor

OCTOBER
Halloween Trick-or-Treat | Throughout Iron Range
Midnight Sun Grand Traverse | Duluth
Fall Colors Vista Hike | Park Rapids
Edge Center for the Arts Gallery | Big Fork
MacRostie Art Center First Friday Opening Reception | Grand Rapids
Annual Pi Run/Walk | Grand Rapids
Festival of Scarecrows | Grand Rapids
Oktoberfest | Aitkin
Hunting Widow's Mountain Bike Ride | Grand Rapids
World Famous Fish House Parade | Aitkin

NOVEMBER
Area-Wide Craft Sales | Throughout Iron Range
AMSOIL Duluth National Snocross
Cabin Crafters Craft Sale | Grand Rapids
Christmas Lights & Carols | Grand Rapids
Hunting Widow's Mountain Bike Ride | Grand Rapids
Lights of Love Tree Lighting | Aitkin
World Famous Fish House Parade | Aitkin

DECEMBER
Holiday Banquet & City Lights Tour | Duluth
Winterglo Festival | Grand Rapids
Star of the North Hockey Tournament | Grand Rapids
Christmas Program | Grand Rapids
Formal Colonial Christmas Dinner | Deer River
Wildlife Tracking Hike | Park Rapids

* For more MN events visit www.exploreminnesota.com
Residential Services

ITASCA COUNTY
Administration .......................................................... (218) 327-2847
Assessor ......................................................... 327-2861
Attorney .......................................................... 327-2867
Auditor/Tasuer ..................................................... 327-2860
Court Administration ........................................ 327-2870
Emergency .............................................................. 911
Environmental Services ......................................... 327-2857
Extension Service ................................................... 327-7486
Health & Human Services ..................................... 327-2941
Information Services ................................................... 327-2862
Land Department .................................................... 327-2855
Parks Department ....................................................... 327-2855
Probation/Parole ..................................................... 327-2869
Recorder .............................................................. 327-2856
Sheriff ......................................................................... 327-7470
Soil & Water Conservation ...................................... 326-0017
Surveying & Mapping ............................................ 327-2854
Transportation .......................................................... 327-2853
Veterans Services ..................................................... 327-2858

AITKIN COUNTY
Administration .......................................................... (218) 927-7276
Assessor .............................................................. 927-7327
Attorney .............................................................. 927-7347
Auditor ............................................................... 927-7354
Emergency .............................................................. 911
Environmental Services ........................................... 927-7342
Extension .............................................................. 927-7245
GIS ................................................................. 927-7391
Health & Human Services ....................................... 927-7200
Highway ............................................................... 927-3741
Land ................................................................. 927-7364
Land Survey .......................................................... 927-7326
License Center ....................................................... 927-7057
Maintenance ........................................................ 927-7363
Probation ............................................................. 927-7281
Recorder .............................................................. 927-7336
Sheriff ................................................................. 927-7435
Treasurer ............................................................. 927-7325
Veteran Services ..................................................... 927-7320
Itasca County History

Itasca County was originally inhabited by Indians and later fur trappers, until loggers were attracted to the white pines in the area in 1829. By 1872, over 17 lumber camps had been established and more followed. As lumbermen needed supplies, stopping places such as Grand Rapids were built throughout the area which often included a hotel, saloon, general store and warehouse. In 1874 a post office was established in Grand Rapids by Lowe Seavey and by 1880, the Iron Range was full of loggers. Settlers began arriving and a school house was built in 1887 in Grand Rapids. In 1890 the Winnipeg Railroad line reached the Grand Rapids area and roads were improved, causing the county to boom. After incorporation in 1891, Grand Rapids successfully battled LaPrairie for the county seat. By 1900 Itasca County had a population of 4,573. Today Itasca County is home to approximately 45,058 residents.

BIGFORK – pop. 443
BOVEY – pop. 665
CALUMET – pop. 355
COHASSET – pop. 2,541
COLERAINE – pop. 1,008
DEER RIVER – pop. 918
EFFIE – pop. 85
GRAND RAPIDS – pop. 8,743
KEEWATIN – pop. 1,070

*Populations are approximate.

BIGFORK
Loggers, fur traders and trappers were the first to develop the area known as Bigfork. The first settler, Damase Neveaux, claimed land and built a log cabin near the Big Fork River in 1892. As a result, the community was named after the Big Fork River. The first post office was established in 1902 and incorporation followed in 1907. Today Bigfork is home to approximately 443 residents.

BOVEY
Located in Arbo Township, Bovey was developed as a logging site and many locals were involved in the mining industry. Erick Johnson opened the first store in 1903. A year later he established the post office and the community was platted on 40 acres of forested land. Incorporation soon followed. Today Bovey is home to approximately 665 residents.

CALUMET
Calumet was first settled by loggers and miners in 1880. The area was named after Indian peace pipes. As the Hill Mine was established, Calumet became an official community. A general store, hardware store, blacksmith shop, women’s clothing store, cigar factory, butcher shop, ice house, livery barn, public sauna and 14 saloons were opened by 1900. In 1908 a post office was established and Calumet was incorporated in 1909. Today Calumet is home to approximately 355 residents.

COHASSET
Located in Bass Brook Township, Cohasset was named after an Indian word for pine trees. In 1892 a post office was established and the community was incorporated in 1902. Minnesota Power, one of Minnesota’s largest electrical production operations, is located here. Today Cohasset is home to approximately 2,541 residents.
COLERAINE
Settled by miners and loggers, Coleraine was named after Thomas F. Cole, a prominent figure in the northern iron mines. The community was developed in 1904 by John Campbell Greenway as an Oliver Mining town. In 1906 a post office was established and by 1909 Coleraine was incorporated. Today Coleraine is home to approximately 1,008 residents.

DEER RIVER
Settled by fur traders and loggers, Deer River was established in 1894. As the community developed, Deer River was known as a booming lumberjack town. With the arrival of the railroad in 1898, the population dramatically increased. Roads, sidewalks and businesses were then built to accommodate the growing needs of the community. Today Deer River is home to approximately 918 residents.

EFFIE
As the Minneapolis and Rainy River Railway arrived to the area, development in Effie began. The first post office was established by Eva R. Wenaus in 1903 and named the community after her daughter, Effie Wenaus. Today Effie is home to approximately 85 residents.

GRAND RAPIDS
Logging camps and trading posts were the first buildings in the area known as Grand Rapids. In 1872 the Potter Company General Store was built and the post office was established in 1874. Named after the Mississippi rapids, Grand Rapids was first incorporated as a village in 1891. A year later the community successfully battled LaPrairie for the county seat. In 1957 Grand Rapids was incorporated as a city. The Blandin Paper Company, internationally recognized for making the lightest weight coated paper ever produced, is located here. Today Grand Rapids is home to approximately 8,743 residents.

KEEWATIN
In 1904 large deposits of iron ore were discovered and settlement of Keewatin began. The area is named after an Indian word meaning “north wind.” As a slow growing community, development in Keewatin did not begin until the Great Northern Railroad arrived in 1909. Today Keewatin is home to approximately 1,070 residents.

LA PRAIRIE
Located in Grand Rapids Township, LaPrairie developed as a logging community. The area was first known as Neal’s Landing after Neal Carr, changed to Nealsville, renamed Saginaw and finally deemed LaPrairie. In 1890 the railroad arrived, the first post office was established and LaPrairie was incorporated. Today LaPrairie is home to approximately 593 residents.

MARBLE
Albert F. Gross built the first homestead in the area known as Marble in 1888, who founded the Gross-Marble Mining Company. The community was then platted by the Oliver Mining Company in 1908 and the post office was soon established. Today Marble is home to approximately 672 residents.

NASHWAUK
The first mining community in Iron Range, Nashwauk was platted in 1902 with incorporation soon following. As the community developed, many families began to arrive and the population of Nashwauk grew dramatically from 220 in 1902 to 2,080 in 1920. Today Nashwauk is home to approximately 915 residents.

SQUAW LAKE
Located in Max Township, Squaw Lake was developed as a trade center on the Great Northern Railway. The first post office was established in 1923 and Squaw Lake was incorporated in 1940. Today Squaw Lake is home to approximately 94 residents.

TACONITE
Taconite was platted by the Oliver Mining Company and is the location of the earliest iron mining experimentation. The first post office was established in 1906 and the community was incorporated in 1909. Today Taconite is home to approximately 293 residents.

WARBA
Developed as a logging community, Warba is named after an Indian word “Waiba” meaning “white swan” or “resting place.” Located in Feeley Township, Warba’s first post office was established in 1901 and platted in 1904 by Thomas J. Feeley. Today Warba is home to approximately 176 residents.

ZEMPLE
Zemple was named after R. T. Zempel, who owned most of the land in the area and became the first village president. The city was officially organized in 1911 and the main industry was lumber. Logs were floated down the Mississippi River to the planing mill, veneer mill and box mill that all ended up burning down in later years. In the early 1900’s the population was over 300 residents, today the population is around 100 residents.
Aitkin County was established in 1857 and organized in 1871. It was named in honor of William Alexander Aitkin, a local fur trader who traded with the Ojibwe Indians and worked for the American Fur Company. As railway lines were constructed from Duluth to Brainerd, the area began to grow dramatically. Settlers who were attracted to the ample natural resources arrived to stake land claims. Communities were formed near railway junctions and the city of Aitkin was selected as the county seat in 1872. In 1900 the population of Aitkin County was 6,743 and almost doubled by 1910. The multitude of lakes and scenic beauty now make this area a popular recreational destination. Today Aitkin County is home to approximately 15,646 residents.

**Aitkin County Communities**

**Aitkin (County Seat)**
Aitkin was settled in 1870 as a railway station on the Great Northern Railway. The first settler was Nathaniel Tibbetts who arrived to the area in 1871 to stake land claims. Aitkin was then organized and named in honor of local fur trader William Alexander Aitkin. The community was selected as the county seat and a post office was established in 1872 with Tibbetts serving as the first postmaster. Aitkin was incorporated as a village in 1889 and has continued to develop. It is now recognized for its annual World Famous Fish House Parade showcasing fish houses from around the area. Today Aitkin is home to approximately 1,948 residents.

**Hill City**
Originally home to loggers, Hill City was settled in 1900 and platted by the Hill City Realty Company. Early industry included manufacturing, lumbering and agriculture and a variety of businesses and hotels were established to meet the growing needs of the community. A post office was founded in 1901 and Hill City was incorporated as a village in 1911. Hill City’s proximity to Hill Lake has made this area a popular destination for recreational enthusiasts and the community has continued to grow. Today Hill City is home to approximately 610 residents.

**McGrath**
Located in Williams Township, McGrath was settled in 1895 by loggers and first recognized as Elmwood. In 1907 James McGrath, a local lumberman, donated 40 acres for a village site and the community was renamed in his honor. In 1908 a post office was established and businesses soon followed. Today McGrath is home to approximately 63 residents.

**McGregor**
McGregor was settled in the late 1880s as a railway village along the Soo Line Trail. In 1890 a post office was established and the community began to grow. Businesses were established and McGregor was incorporated as a village in 1903. Today McGregor is home to approximately 378 residents.

**Palisade**
Located in Logan Township, Palisade was named by the Soo Line Railroad due to the tall ridge of the Mississippi River. A post office was established in 1910 and the area began to grow with the development of businesses. Today Palisade is home to approximately 108 residents.

**Tamarack**
Settled in 1874, Tamarack began as a railway village and its first post office was established in 1898. Its name is derived from the tamarack trees cleared for tracks by the Great Northern Railway Company throughout the area. Tamarack was incorporated as a village in 1921 and has continued to thrive. Today Tamarack is home to approximately 54 residents.
Earthworms are not native to the upper Midwest. They were brought here from Europe and Asia in the soil of imported plants and as fishing bait. There are around fifteen non-native terrestrial worm species identified so far. Seven of the fifteen species are invading our hard wood forest, killing tree seedlings, wildflowers, & ferns.

The Midwest's northern hardwood forests developed without earthworms. Worms decompose leaves fast taking away a natural layer (duff) that helps promote woodland wildflower & fern growth.

Earthworms do not spread quickly. They can only travel up to an 1/8" of a mile in 25 years. Many of the species can’t survive the harsh winters of the Midwest.

All commonly sold worms for bait are a non-native species. Do NOT dump your worms on the ground. Dispose of them in the trash.

There is a new worm spreading to the Great Lakes states called a jumping earthworm (Amythas worm). When disturbed they act like a snake slithering and squirming around.

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ALDER POND TRAIL
Located on 6 miles of aspen and hardwood forest, the Alder Pond Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing. Located east of Grand Rapids.

AMERICAN LEGION MEMORIAL PARK
Located at Hwy 38 and 14th Street NW, Grand Rapids, MN. The park features a baseball field, lighted cross country ski trails, biking trails, hiking trails, IRA Civic Center, conifer field, Cody Siem Memorial skateboard park, picnic and park area, horseshoe pits, bocce ball courts, outdoor rinks and a warming house.

AMEN LAKE TRAIL
Located on 4.5 miles of the Chippewa National Forest, the Amen Lake Trail is open for hiking, biking and cross-country skiing. Located south of Amen Lake and west of Long Lake.

BASS LAKE COUNTY PARK
Located on 663 acres of spruce, aspen, cedar and red and white pines, Bass Lake County Park features multi use trails for hiking, horseback riding and biking. Facilities include 29 camp sites and five tent sites with picnic tables, fire grates, tent pad and/or camper slots, lakeshore access and a public beach. Located 11 miles east of Effie or 11 miles west of Togo.

BEAR HEAD LAKE STATE PARK
Located 15 miles southeast of Tower, Bear Head Lake State Park features wildlife viewing opportunities, nature trails, camping sites, canoe areas and swimming areas. Located in Ely.

BIG RIDGE TRAIL
Located on 6 miles of forest near Swan Lake, the Big Ridge Trail is open for hiking, biking and cross-country skiing. Located south of Swan Lake.

DRUMBEATER ISLAND NATURAL AREA
Located on 17 acres of island within Pokegama Lake, Drumbeater Island Natural Area was developed to provide a wildlife habitat and undeveloped lakeshore for fish. Located southwest of Grand Rapids.

FURLONG FAMILY MEMORIAL PARK
Located on 8 acres of Norway pines, Furlong Family Memorial Park was donated in memory of John Furlong and features carry-in access to Loon Lake. Located south of Marble.

GRUSSENDORF PARK
Located at 8th Avenue and 6th Street SW, Grand Rapids, MN. The park includes a playground, picnic/park area, tennis courts, softball field, basketball court, outdoor hockey rink and warming house.

GUNN PARK
Located on 50 acres of spruce, aspen and red and white pines, Gunn Park was developed by the Blandin Paper Company in the 1960s. Facilities include a reservable open-air pavilion with picnic tables, playground equipment, a fishing pier and ballfields. Located north of Grand Rapids in Arbo Township.

LONG LAKE CONSERVATION CENTER
28952 438TH Ln. Palisade
Located south of Palisade, off of Nature Ave, Long Lake CC is an Aitkin County park and Environmental Learning Center offering miles of hiking trails, cross country ski trails, education programs, facility rental, and more. Call (218) 768-4653 for more information.

LOST CREEK PARK
Located at 4th Avenue and 8th Street NW, Grand Rapids, MN. The park offers a playground, picnic area, park area with a creek running through.

MAPLEWOOD PARK
Located at 5th Avenue and 14th Street SE, Grand Rapids, MN. Park has a playground, picnic and park area

PORTAGE PARK
Located at 25570 Katherine Ave, Cohasset, MN. The park has a beach, picnic area and fishing pier.

RIVER FRONT TRAIL PARK
Located at N Pokegama Avenue and NE 1st Street, Grand Rapids, MN. The park provides access to the city trail system and a fishing pier on Mississippi River.

STONEY RIDGE TRAIL
Located on 6 miles of aspen and hardwood forest, the Stoney Ridge Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing. Located north of Nashwauk.

VETERAN’S PARK
Located at 7th Avenue SE and Highway 2, Grand Rapids, MN. The park features a playground, picnic/park area, 2 sheltered pavilions, electricity, water, horseshoe pits, and Mississippi River crossing access. Reservations are highly recommended. If you have a question or wish to make a reservation contact the office at 326-2500.

WABANA TRAIL
Located on 6 miles of forest and wildflowers, the Wabana Trail is open for hiking and cross-country skiing. Located northeast of Grand Rapids.
ADVENTURE ZONE
329 Lake Ave. S | Duluth | (218) 740-4000

AITKIN COUNTY HISTORICAL SOCIETY
20 Pacific St. | Aitkin | (218) 927-3348

AITKIN LANES
104 NE 4th St. | Aitkin | (218) 927-6701

BLANDIN PAPER CO. TOURS
115 SW 1st St. | Grand Rapids | (218) 327-6682

BLUEBERRY BOWL
44919 Golf Course Rd. | Deer River | (218) 246-8048

BLUEBERRY MEADOWS
34471 Eight Mile Rd. | Grand Rapids | (218) 326-0671

BOWSTRING SHORES RESORT
49231 Co. Rd. 173 | Deer River | (888) 832-3101

CHILDREN’S DISCOVERY MUSEUM
2727 S Pokegama Ave. | Grand Rapids | (218) 326-1900

CINEMA 6
8426 Enterprise Dr. S | Mountain Iron | (218) 741-2008

COMET THEATER
102 River St. S | Cook | (218) 666-5814

CUT FOOT RANGER STATION
PO Box 308 | Deer River | (218) 246-8233

DEPOT - ST. LOUIS COUNTY HERITAGE & ARTS CENTER
506 Michigan St. W | Duluth | (218) 727-8025

DULUTH CHILDREN’S MUSEUM
506 Michigan St. W | Duluth | (218) 733-7543

DULUTH PLAYHOUSE & PLAYGROUND
506 Michigan St. W | Duluth | (218) 733-7555

EAGLE RIDGE GOLF CLUB
1 Green Way | Coleraine | (218) 245-2217

ELY GOLF CLUB
901 Central Ave. S | Ely | (218) 365-5932

FOND-DU-LUTH CASINO
129 Superior St. E | Duluth | (218) 722-0280

FOREST HISTORY CENTER
2609 County Rd. | Grand Rapids | (218) 327-4482

GOLF ON THE EDGE
59851 County Rd. 261 | Bigfork | (218) 743-3626

GRAND RAPIDS GUN CLUB
PO Box 911 | Grand Rapids | (218) 326-3348

GREAT LAKES AQUARIUM
353 Harbor Dr. | Duluth | (218) 740-3474

GREYHOUND BUS MUSEUM
1201 Greyhound Blvd. | Hibbing | (218) 263-5814

HILL ANNEX MINE
880 Gary St. | Calumet | (218) 247-7215

ITASCA HERITAGE CENTER MUSEUM
10 NW 5th St. | Grand Rapids | (218) 326-6431

INTERNATIONAL WOLF CENTER
1396 Hwy. 169 | Ely | (218) 365-4695

JAKES ART CENTER
121 NW 2nd St. | Aitkin | (218) 927-2363

JUDY GARLAND BIRTHPLACE HISTORIC HOUSE
2727 S Pokegama Ave. | Grand Rapids | (218) 327-9276

LAKE SUPERIOR MARINE MUSEUM
600 Lake Ave. S | Duluth | (218) 720-5260

LAKE SUPERIOR RAILROAD MUSEUM
506 W Michigan St. | Duluth | (218) 733-7590

LAKE SUPERIOR ZOOLOGICAL GARDENS
7210 Fremont St. | Duluth | (218) 730-4900

MACROSTIE ART CENTER
405 1st Ave. NW | Grand Rapids | (218) 326-2697

MARCUS LAKES CINEMA
4351 Stebner Rd. | Hermantown | (218) 729-0335

MCGREGOR LANES
9 N Maddy St. | McGregor | (218) 768-2345

MINNESOTA MUSEUM OF MINING
701 Lake St. W | Chisholm | (218) 254-5543

MINNESOTA NATIONAL GOLF
23247 480th St. | McGregor | (218) 426-3117

MINNESOTA SHOOTING SPORTS EDUCATION CENTER
483 Peterson Rd. | Grand Rapids | (218) 327-0583

MISSISSIPPI MELODIE SHOWBOAT
10 NW 5th St. | Grand Rapids | (218) 326-4158

NORTH AMERICAN BEAR CENTER
1926 Hwy. 169 | Ely | (218) 365-7879

PAULUCCI SPACE THEATRE
1502 23rd St. E | Hibbing | (218) 262-6720

PHEASANTS PLUS HUNTING PRESERVE
14893 Sago #4 | Warba | (218) 492-4450

POKEGAMA GOLF CLUB
3910 Golf Course Rd. | Grand Rapids | (218) 326-3444

RIPPLE RIVER GALLERY
27591 Partridge Ave. | Aitkin | (218) 678-2575

RONDAN UNDERGROUND MINE
1379 Stuntz Bay Road | Soudan | (218) 753-2245

SUGARBROoke GOLF CLUB
PO Box 847 | Grand Rapids | (800) 450-4555

THUNDER ALLEY XL & BIG THUNDER MINI GOLF
1401 E US Hwy. 169 | Grand Rapids | (218) 326-5950

TWEED MUSEUM OF ART
1201 Ordean Building | Duluth | (218) 726-8222

UNITED STATES HOCKEY HALL OF FAME
801 Hat Trick Ave. | Eveleth | (218) 744-5167

VIRGINIA AREA HISTORICAL SOCIETY
800 N 9th Ave. W | Virginia | (218) 741-1136

WEALTHWOOD ROD & GUN CLUB
23573 420th Place | Aitkin | (218) 678-2281

WHITE OAK SOCIETY LEARNING CENTER
33155 State Hwy. 6 | Deer River | (218) 246-9393

WILLIAM A IRVIN MUSEUM
350 Harbor Dr. | Duluth | (218) 722-7876
Hunting Seasons

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157. Contact the MN DNR for specific zone areas/dates:
Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.
You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

09/14/19 - 12/31/19
Deer hunting - archery

10/17/19 - 10/20/19
Deer hunting - youth

10/17/19 - 10/18/19
Deer - Camp Ripley archery hunt (first season)

10/19/19 - 10/20/19
Deer hunting - antlerless only in select permit areas

10/26/19 - 10/27/19
Deer - Camp Ripley archery hunt (second season)

11/09/19 - 11/17/19
Deer hunting - firearm (A) 200 and 300 series permit areas

11/09/19 - 11/24/19
Deer hunting - firearm (A) 100 series permit areas

11/09/19
Statewide Firearm Deer Season Opener

11/23/19 - 12/01/19
Deer hunting - firearm (B) 300 series permit areas

11/30/19 - 12/15/19
Deer hunting - muzzleloader

09/15/18 - 02/28/19
Small Game - Rabbits, Squirrels season

10/26/19 - 02/29/20
Furbearer Trapping - Mink and Muskrat - North zone

11/02/19 - 02/29/20
Furbearer Trapping - Mink and Muskrat - South zone

11/30/19 - 01/05/20
Bobcat - Hunting & Trapping-north of I-94 and US Hwy 10 only

05/15/19 - 05/21/19
Spring turkey hunt E (hunter selected)

05/22/19 - 05/31/19
Spring turkey hunt F (any unfilled license)

09/01/19 - 10/13/19
Bear season

09/01/19 - 11/29/19
Mourning dove season

09/01/19 - 11/30/19
Mourning dove season

09/01/19 - 10/31/19
Crow hunting (third season)

11/09/19
Statewide Firearm deer season opener

11/09/19
Statewide Firearm Deer Season Opener

11/23/19 - 12/01/19
Deer hunting - firearm (B) 300 series permit areas

11/30/19 - 12/15/19
Deer hunting - muzzleloader

09/15/18 - 02/28/19
Small Game - Rabbits, Squirrels season

09/14/19 - 12/31/19
Deer hunting - archery
You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online www.dnr.state.mn.us, Toll Free: 1 (888) 646-6367 or visit one of the ELS agents available throughout the area:

**ITASCA COUNTY**

**Deer River**
- **Antler Lake Store**
  51761 Scenic Hwy | Deer River | (218) 245-2369
- **Deer River Conto.**
  Schultz’s Bowstring Store
  46023 State Hwy 6 | Deer River | (218) 832-3123
- **Effie**
  Effie Country Service
  101 SE Hwy 38 | Effie | (218) 743-3616
- **Goodland**
  Fred’s Store
  19517 County Rd 560 | Goodland | (218) 492-4477
- **Grand Rapids**
  38 Outpost Inc
  34822 County Road 233 | Grand Rapids | (218) 327-0214
- **63 Fuel Stop**
  35 County Rd 63 | Grand Rapids | (218) 326-9230
- **Berggraf’s Ace Hardware**
  1115 E Hwy 169 | Grand Rapids | (218) 326-8594
- **Glens’ Army Navy**
  701 NW 4th St | Grand Rapids | (218) 326-1201
- **God’s Country Outfitters**
  29755 State Hwy 38 | Grand Rapids | (218) 326-9666
- **Grand Rapids Deputy Registrar #040**
  401 SE 11th St | Grand Rapids | (218) 326-4225
- **Holiday Station Store #162**
  202 NE 4th St | Grand Rapids | (218) 326-4204
- **Holiday Station Store #248**
  920 S Pokegama Ave | Grand Rapids | (218) 326-1092
- **L & M Supply**
  1400 South Pokegama Ave | Grand Rapids | (218) 326-2926
- **Minit Mart Grand Rapids**
  1515 NW 4th St | Grand Rapids | (218) 326-0515
- **Thousand Lakes Sporting Goods**
  331 NW 4th St | Grand Rapids | (218) 999-5992
- **Pokegama Lake Store**
  19457 S US Hwy 169 | Grand Rapids | (218) 326-9390

**Deer River County**

**Schoitz’s Bowstring Store**

**Winnie Trading Post**

**Bovey**
- **Balsam Store**
  41050 Scenic Hwy 7 | Bovey | (218) 245-2285
- **Petrich’s Store Inc**
  34438 Scenic Hwy | Bovey | (218) 245-1310
- **Ron’s Korner Market**
  7896 Hwy 169 | Bovey | (218) 247-7351
- **Casey’s General Store #3471**
  15 US Hwy 2 W | Cohasset | (218) 328-5189
- **River Rat Trading Post**
  38480 Hwy 2 W | Cohasset | (218) 328-6171
- **Deer River Bowman Lodge Inc**
  58485 Bowens Rd | Deer River | (800) 331-8925
- **Eagle Nest Lodge**
  58671 Eagle Nest Rd | Deer River | (218) 246-8701
- **Fred’s Live Bait & Tackle**
  361 Main Ave W | Deer River | (218) 246-8710
- **Holiday Station Store #194**
  208 Main Ave E | Deer River | (218) 246-2700
- **Jurveil Hardware Inc**
  168 Main Ave E | Deer River | (218) 246-8628
- **The Bait Shop**
  401 Main Ave | Deer River | (218) 246-2087
- **William’s Narrows Resort**
  43465 Williams Narrows Rd | Deer River | (218) 246-8703
- **Winnie Trading Post**
  38499 State Hwy 46 | Deer River | (218) 246-9630

**Grand Rapids Country**

**Walmart Supercenter #1609**

**Keewatin**
- **Keewatin Sinclair**
  210 N 1st St | Keewatin | (218) 778-6140
- **Marcell**
  Frontier Sports
  48919 State Hwy 38 | Marcell | (218) 832-3901
- **Spider Lake Resort**
  43859 Spider Lake Resort Rd | Marcell | (218) 326-8286
- **Nashwaug**
  K-M Corner Store
  36971 State Highway 65 | Nashwaug | (218) 885-2472
- **Lucky Seven General Store**
  121 1st St | Nashwaug | (218) 741-9634
- **Sinclair Express Mart**
  830 1st St | Nashwaug | (218) 885-1772
- **Pengilly**
  Swan Lake Sinclair
  31277 Hwy 65 | Pengilly | (218) 885-3806
- **The Great Outdoors Bottle Shop & Bait**
  16207 Lake St | Pengilly | (218) 208-2117
- **Spring Lake**
  Anchor Inn Resort
  55960 County Rd 4 | Spring Lake | (218) 659-2718
- **Squaw Lake**
  Dixon Lake Resort
  49442 Dixon Lake Resort Rd | Squaw Lake | (218) 659-4612
- **Max Mini Store Inc**
  50758 State Hwy 46 | Squaw Lake | (218) 659-4235
- **Swan River**
  Lucky Seven Swan River #24
  16282 US Hwy 2 | Swan River | (218) 492-4451
- **Talmoon**
  Little Turtle Lake Store
  49926 State Hwy 6 | Talmoon | (218) 832-3804
- **Wirt**
  Sure Game Wilderness Resort
  52835 CR RD 31 | Wirt | (218) 659-2740

**Aitkin County**

**Aitkin**
- **Aitkin County License Center**
  2 NW 2nd St | Aitkin | (218) 927-7057
- **Beartooth Hardware Inc**
  150 Southgate Dr | Aitkin | (218) 429-0222
- **Bill’s Sportsman Service Inc**
  649 NE 2nd St | Aitkin | (218) 927-2552
- **Bnr Store (#15)**
  13 2nd St NW | Aitkin | (218) 927-6773
- **Denny’s Lakeview Inn**
  33592 300th Pl | Aitkin | (218) 549-3580
- **Farm Island Store**
  29037 Hwy 169 | Aitkin | (218) 927-3791
- **Holiday Station Store (#452)**
  1 N Minnesota Ave | Aitkin | (218) 927-6403
- **The Junction**
  22856 Hwy 169 | Aitkin | (218) 678-9964
- **Malmo Market**
  32600 220th St | Aitkin | (218) 684-2295
- **Westlund Cenex**
  22167 Hwy 47 | Aitkin | (320) 684-2664
- **Hill City**
  Roadside Market
  144 Service Dr | Hill City | (218) 697-2373
- **Sunny’s**
  101 E Hwy 200 | Hill City | (218) 697-2306
- **MccGregor**
  Eastlake Convenience
  36040 Hwy 65 | McGregor | (218) 768-2055
- **Holiday Station Store (#453)**
  200 Hwy 210 W | McGregor | (218) 768-4444
- **MccGregor Oil**
  257 W Hwy 210 | McGregor | (218) 768-2055
- **Sather’s Store**
  47952 Hwy 65 | McGregor | (218) 768-3255
- **Willy’s Sports Shop & Spirits**
  46026 Hwy 65 | McGregor | (218) 426-3382
- **Palsiade**
  Palisade One Stop
  46500 Great River Rd | Palisade | (218) 845-2156
Fishing Seasons

04/01/19 - 12/01/19
Statewide inland waters
Flathead catfish

04/13/19 - 09/30/19
Outside southeastern Minnesota
Stream trout

04/13/19 - 09/15/19
Southeastern Minnesota
Stream trout

04/13/19 - 09/15/19
Within specific state parks and cities
Stream trout

05/11/19 - 02/23/20
Statewide inland waters
Walleye, sauger and northern pike

05/11/19 - 05/24/19
Statewide outside northeastern Minnesota
Smallmouth and largemouth bass catch and release

05/11/19 - 09/30/19
Statewide inland waters
Lake trout

05/11/19 - 10/31/19
Statewide
Stream trout in lakes

05/11/19 - 02/23/20
Northeastern Minnesota
Smallmouth and largemouth bass

05/25/19 - 09/08/19
Statewide outside northeastern Minnesota
Smallmouth bass

05/25/19 - 02/23/20
Statewide outside northeastern Minnesota
Largemouth bass

06/01/19 - 12/01/19
Statewide inland waters
Muskie

06/07/19 - 06/09/19
Statewide
Take a Kid Fishing Weekend

06/16/19 - 04/14/20
Statewide inland waters
Lake sturgeon and shovelnose sturgeon

09/09/19 - 02/23/20
Statewide outside northeastern Minnesota
Smallmouth and largemouth bass catch and release

09/16/19 - 10/15/19
Southeastern Minnesota
Stream trout catch and release

09/16/19 - 04/17/20
Southeastern Minnesota streams in the parks and cities listed in this item
Stream trout catch and release

01/18/20 - 01/20/20
Statewide
Take a Kid Ice Fishing Weekend

*Contact the MN DNR for specific zone information by calling: 1 (888) 646-6367 or go to www.dnr.state.mn.us
Mosquitoes
Prevention & Health Risks

A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are: • Bats • Frogs • Fish • Turtles • Birds • Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed: • Citronella • Geranium • Eucalyptus • Rosemary • Basil • Anise • Mint • Marigolds • Catnip • Wormwood • Tansy • Lavender • Cedar • Cloves

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

BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are: • Dengue • Encephalitis • Malaria • Yellow Fever. Mosquitoes can also transmit diseases to animals. A couple of these diseases are: • Heartworm (mostly to dogs & cats) • Encephalitis. To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

RANDOM MOSQUITO FACTS

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

TICKS
Diseases & Prevention

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

Some symptoms of a tickborne disease
• Many tickborne diseases have similar symptoms
• Symptoms usually show up within 2-4 weeks of being bitten
Watch for symptoms like:
• Rash
• Fever
• Headache
• Fatigue
• Muscle or joint aches

Tick Removal
Prompt tick removal is important.
Use tweezers to grasp the tick close to its mouth. Gently and slowly pull the tick straight outward. Do not squeeze the ticks' body.
Wash the area and apply an antiseptic to the bite. Watch for early signs and symptoms of a tickborne disease. Don't use folk remedies like Petroleum Jelly or a burnt match.

Protect Yourself from Tickborne Diseases
1-Know when and where you’re at risk • Primarily Mid-May through Mid-July • Wooded and brushy areas – Blacklegged Tick • Grassy or wooded areas – American Dog Tick
2-Wear EPA-registered tick repellent • DEET 20-30% on skin or clothing • Permethrin 0.5% on clothing
3-Check yourself for ticks • Shower after being outdoors • Check at least once a day • Remove ticks ASAP!
SAFETY TIPS

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 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.

Healthy & Environmentally Friendly Lawn

Choose a type of grass that thrives in your area. 3” is the optimal height for most grasses, it allows the roots to become strong and healthy. It also helps to absorb more water. Don’t bag the lawn clippings, it’s a natural fertilizer. Keep your mower blades sharp.

Don’t water every day. Give your lawn a good soaking once or twice a week. Your lawn should get about an inch of water each week, whether it be from rain fall or a sprinkler. Water your lawn in the early morning, preferably before 10am. Watering at night time can create fungus growth.

Don’t use pesticides. Correctly identify what the problem is and try a non-chemical method first. If you have to use a chemical based pesticide, try spot treating the problem area. All pesticides are toxic to some degree. Make sure to read all labels.

Fertilizers can harm the environment. Use natural organic or slow-release fertilizers. The best time to fertilize your lawn is in the fall.
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 Hand Signals

Drink lots of Water!

Be Aware of your Surroundings

Swimming Safety Tips

Swimming is a great way to get some exercise or have fun and can be done by people of all ages. It is important to keep safety on your mind while around the water. Below are some things you should know before heading out to the pool or beach.

- Do not dive into the water unless you know the water is deep enough and free of any hazards.
- Jumping from cliffs or bridges is dangerous due to shallow water, submerged rocks, trees, or other hazards.
- Always swim with a buddy and in supervised areas, preferably ones with a lifeguard on duty.
- Always supervise children closely. Do not read, play cards, talk on the phone, or engage in any other distracting activity while watching children in or around water.
- Avoid drinking alcohol before or during swimming. Avoid drinking alcohol while supervising children around water.
- Learn cardiopulmonary resuscitation (CPR).
- Do not use air-filled or foam toys, such as water wings, noodles, or inner tubes, in place of life jackets.
- Check the local weather conditions and forecast before swimming.

ATV Safety

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.
Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.

3. Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).

4. Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

5. Write the names of your plants (with a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.

6. The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with “vege-soup.”

7. You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.

8. You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

9. Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!

10. Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.
Be smart...
Take good care of your skin

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

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

  Remember that you can also fall victim to the sun on a cloudy day as well as in the winter. Sunburns increase the risk of developing skin cancer. It is especially important that children don’t get a sunburn.

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

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

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

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

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

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

Bird Feeder Care Tips

With the return of summer means the return of a variety of bird species. If you plan on providing food there are a few things to keep in mind.

According to the Minnesota Department of Natural Resources, birds may become sick from moldy bird food and uncleaned bird feeders. This tends to happen in spring more often because of the rain and humidity. If there is mold growth it can cause an avian disease called aspergillosis, which can disrupt a bird’s respiratory system. Birds can also get Salmonella from unclean feeders. Either of the diseases may kill the bird.

You should wash your bird feeders a few times every year to ensure there is no mold growth. You can do this with some bleach and water (one part bleach to nine parts water), just make sure to rinse and dry well. If you can, let it dry in the sun to help kill off any left over bacteria. This also applies to hummingbird feeders but, they should be cleaned weekly.

You also need to clean up the fallen seeds and hulls from the ground under the bird feeders to prevent moldy conditions. The seeds on the ground have a tendency of attracting some animals you may not want around like mice, voles, raccoons and bears.

When buying a bird feeder you should look for one with as much air flow as possible. Look for hopper-type feeders or fly-through feeders that provide good air flow. Another way to help keep the bird seed dry is by filling the bird feeder less and more often.
Ron-Ex Excavating
Grand Rapids, MN
218-327-9273

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"Maintaining Your Complete Sewer Needs"

• Shop • Dine
• Play • Stay

LOCALLY
...and support
the community you live in!