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# TABLE OF CONTENTS

**HELP  
SUPPORT  
YOUR  
LOCAL  
BUSINESS**

2-3	LOCAL AREA EVENTS
4-5	RESIDENTIAL SERVICES
6	LINN COUNTY HISTORY
7	LINN COUNTY COMMUNITIES
8	JOHNSON COUNTY HISTORY
9-10	JOHNSON COUNTY COMMUNITIES
14	PARKS & RECREATION
16-17	LOCAL AREA ATTRACTIONS
18	HUNTING SEASONS
20-21	DNR LICENSE CENTERS
30-31	AREA TRAILS

Scan the QR Codes to  
go to the individual  
county pages.



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# LOCAL AREA EVENTS

## JANUARY

Central City Train Show | Central City  
WinterFest | Coralville  
Winter Water Fights | Coralville  
Brrr Fest | Coralville  
One Book Two Festival | Iowa City  
Indoor Sidewalk Sales | Mount Vernon  
Snowman Contest | North Liberty

## FEBRUARY

Cedar Rapids Sports Show | Cedar Rapids  
Sundown Mountain Nighttime Skiing |  
North Liberty

## MARCH

Maple Syrup Festival | Cedar Rapids  
New Play Festival | Coralville  
Down on the Farm | Coralville  
Mission Creek Festival | Iowa City  
Cornell New Play Festival | Mount Vernon  
Spring Vendor Fair | North Liberty  
Wine Tasting at the Library | North Liberty

## APRIL

Fire Department Easter Egg Hunt | Alburnett  
Midwest Antique & Art Show | Cedar Rapids  
Eco-Arts Festival | Cedar Rapids  
Spring Arts & Crafts Show | Coralville  
Metal for the Arts Festival | Coralville  
Easter Egg Hunt | Hiawatha  
Disc Golf Tournament | Hiawatha  
RiverFest | Iowa City  
EPIC Pub Crawl | Iowa City  
A Taste of Clinton | North Liberty  
TiffinFest | Tiffin  
Easter Egg Hunt | Walker

## MAY

Taste of Czech & Slovak Cuisine | Cedar Rapids  
Houby Days Festival | Cedar Rapids  
Memorial Day Bike Ride, Rodeo & Parade |  
Hiawatha  
Hills Memory Miles | Hill  
Irving B. Weber Days | Iowa City

## MAY CONTD.

Marion Arts Festival & Marathon | Marion  
Chalk the Walk | Mount Vernon  
North Liberty Blues & BBQ | North Liberty

## JUNE

Iowa Mennonite Relief Festival & Sale | Iowa City  
Marion Police 5K4K9 | Marion  
Wild West Weekend | Cedar Rapids  
Summer Fest | Cedar Rapids  
Balloon Glow | Cedar Rapids  
Center Point Pork Days | Center Point  
Coralville Lake Turkey Vulture Festival | Iowa City  
Linn County Fair | Central City  
Old School Art Festival | Vinton  
Harvest Home Celebration | Coggon  
Prairie Land Music Festival & Camp Out |  
Iowa City  
ECIPA Truck & Tractor Pull | Central City  
Junior Roller Derby Competition - Red, White,  
and Bruiser | Coralville  
USA Days | Fairfax  
Iowa Arts Festival | Iowa City  
Riverside Shakespeare Festival | Iowa City  
Mini Monster Mania | Central City  
Junction Jugglefest & 5K Run | Lisbon  
Lisbon Firemen's Dance | Lisbon  
Chuckwagon Races | Central City  
Marion Bar-B-Que Rendezvous | Marion  
Chocolate Stroll | Mount Vernon  
North Liberty Fun Days | North Liberty  
Robins RoundUp | Robins

## JULY

Iowa City Jazz Festival | Iowa City  
Celebration of Freedom Parade | Cedar Rapids  
4th Fest Walk & Run | Coralville  
RAGBRAI | Throughout Linn & Johnson Counties  
4th Fest Firecracker Kids Mini-Marathon |  
Coralville  
Fruit of the Vine | Cedar Rapids  
Center Point Energy Expo | Center Point  
4th Fest | Coralville  
Music on the Prairie | Iowa City

## JULY CONTD.

4th of July Celebration | Hills  
Iowa City Book Festival | Iowa City  
Benton County Fair | Vinton  
Walcott Truckers Jamboree | Walcott  
4th Street Car Cruise | Vinton  
Johnson County Fair | Iowa City  
Camp Euphoria Music Festival | Lone Tree  
Lincoln Highway Antique Show | Mount Vernon  
Oxford Independence Day Parade | Oxford  
Solon Beef Days | Solon  
Walker Pickle Days | Walker

## AUGUST

Alburnett Children's Benefit Day | Alburnett  
Bluesmore Music Festival | Cedar Rapids  
Festival of the Arts | Middle Amana  
Barks and Brew | Cedar Rapids  
Crossroads Carnival | Muscatine  
Woodfest | Amana  
Weed Wacking Women! | Cedar Rapids  
Boomtown | Vinton  
Brucemore Garden & Art Show | Cedar Rapids  
Central City Bluegrass Music Festival | Central City  
Firemen's Party | Ely  
Sauerkraut Days | Lisbon  
Lone Tree Fall Festival | Lone Tree  
City of North Liberty Night | North Liberty  
Palo Fun Days | Palo  
Springville Family Fun Days | Springville  
Swisher Fun Days & Race | Swisher

## SEPTEMBER

All in a Day Play Festival | Coralville  
FRY Fest | Coralville  
Swamp Fox Festival & Parade | Marion  
Lincoln Highway Arts Festival & Race | Mount  
Vernon  
North Liberty Fun Run & Walk | North Liberty  
Doggie Plunge | North Liberty  
Geode Fest | North Liberty

## OCTOBER

Fall Festival | Alburnett  
BrewNost | Cedar Rapids  
Fall Expo | Central City  
Flutes for Food | Coralville  
Ely Fall Fest | Ely  
Oktoberfest | Iowa City  
Landlocked Film Festival | Iowa City  
Field of Screams | Iowa City  
Harvest Moon Chocolate Walk | Marion  
Band on the Run 5K Race | Marion  
Celebration Belle Fall Foliage Cruise | North  
Liberty  
Moonlight Hayrack Ride & Movie | North Liberty  
Haunted Happenings & Spooky Swim | North  
Liberty  
Boy Scout Hayrack Ride | Walker

## NOVEMBER

Underground New Play Festival | Cedar Rapids  
Celebration of the Arts | Coralville  
Turkey Trot Run & Walk | Marion  
Eye of the Wild Culture Show | Mount Vernon  
Mount Vernon After Dark | Mount Vernon  
Ladies Day Out | Swisher

## DECEMBER

Holiday on Mall Celebration | Central City  
Coralville Aisle of Lights | Coralville  
Hometown Holidays | Lisbon  
Holiday Jubilee Light Parade | Lisbon  
Christmas in the Park & Peppermint Walk |  
Marion  
Hometown Holidays & Craft Bazaar | Mount  
Vernon  
Magical Night | Mount Vernon  
Holiday Vendor Fair | North Liberty  
Breakfast with Santa | North Liberty  
Senior Citizen Holiday Shopping | North Liberty  
BINGO Night | North Liberty  
Palo Holiday Express Train | Palo

## Linn County

Assessor.....	(319)892-5220
Attorney.....	892-6350
Auditor.....	892-5300
Board of Supervisors.....	892-5000
Conservation.....	892-6450
<b>EMERGENCY.....</b>	<b>911</b>
Emergency Management.....	363-2671
General Assistance.....	892-5850
GIS.....	892-5300
Human Resources.....	892-5120
Information Technology.....	892-5250
Mental Health & Disability Services.....	892-5620
Planning & Zoning.....	892-5130
Public Health.....	892-6000
Recorder.....	892-5420
Sheriff.....	892-6100
Social Services.....	892-5850
Treasurer.....	892-5550
Veteran Affairs.....	892-5160

## Johnson County

Assessor.....	(319)356-6078
Attorney.....	339-6100
Auditor.....	356-6004
Board of Supervisors.....	356-6000
Conservation.....	645-2315
<b>EMERGENCY.....</b>	<b>911</b>
Emergency Management.....	356-6700
General Assistance.....	356-6090
GIS.....	356-6080
Human Resources.....	356-6003
Information Technology.....	356-6080
Mental Health & Disability Services.....	339-6169
Planning & Zoning.....	356-6083
Public Health.....	356-6040
Recorder.....	356-6093
Sheriff.....	356-6020
Social Services.....	356-6090
Treasurer.....	356-6087
Veteran Affairs.....	356-6049



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First home to Sac, Fox and Winnebago Indian tribes, Linn County was established in 1839 with Marion as the county seat. Early settlers were attracted to the ample natural resources and power of the Cedar River. Named in honor of Senator Lewis Linn of Missouri, Linn County grew slowly until the arrival of the railroad in 1859. Cities and towns were established near railways and waterways and Linn County continued to thrive. The first rail lines were built in Cedar Rapids and the area grew dramatically, becoming an industrial and commercial trading center. Early industry included agriculture, manufacturing and milling. In 1900 the population of Linn County reached 55,392 and the county seat was moved to Cedar Rapids in 1919. By 1950 the area had grown to over 104,274. Today Linn County is home to approximately 208,574 residents.

Cedar Rapids is the county seat of Linn County and is home to a large and active Czechoslovakian heritage community. The National Czech and Slovak Museum and Library is located in Cedar Rapids and the neighborhood known as Czech Village is home to many Czech themed businesses such as bakeries and antique stores.

Near the town of Viola in Linn County is the Grant Wood's "Fall Plowing" Rural Historic Landscape District. Grant Wood, who grew up in Cedar Rapids, is the painter of "American Gothic". The famous portrait of a man, holding a pitchfork, and a severe-looking woman standing in front of their gothic style house is said to be one of the most recognizable paintings of the 20th Century. The district includes the locations where Grant Wood sketched and painted some of his best known landscapes most notably "Fall Plowing". In the Historic District are four buildings an open landscape that were painted by Wood. The painting "Fall Plowing" is part of the John Deere Art Collection and is at the Figge Museum in Davenport, Iowa.

**ALBURNETT** – pop. 673  
**BERTRAM** – pop. 294  
**CEDAR RAPIDS (COUNTY SEAT)** – pop. 126,326  
**CENTER POINT** – pop. 2,421  
**CENTRAL CITY** – pop. 1,257  
**COGGON** – pop. 658  
**ELY** – pop. 1,776  
**FAIRFAX** – pop. 2,123  
**HIAWATHA** – pop. 7,024

**LISBON** – pop. 2,029  
**MARION** – pop. 34,768  
**MOUNT VERNON** – pop. 4,506  
**PALO** – pop. 1,026  
**PRAIRIEBURG** – pop. 178  
**ROBINS** – pop. 1,026  
**SPRINGVILLE** – pop. 1,074  
**WALKER** – pop. 791  
*\*Populations are approximate.*

## CEDAR RAPIDS (COUNTY SEAT)

First settled by Osgood Shepherd in 1838, Cedar Rapids was first known as Columbus. Streets were platted and surveyed by N.B. Brown in 1841 and the area was renamed due to its proximity to the rapids of the Cedar River. In 1849 Cedar Rapids was incorporated and with construction of the railroad, the community grew as an industrial center and selected as the county seat. Acres of land were designated for city parks and in 1908 construction began on Municipal Island, making Cedar Rapids one of the only cities in the world with government buildings on an island. Today Cedar Rapids is home to approximately 126,326 residents.

## CENTER POINT

One of the oldest settlements in Linn County, Center Point was established in 1839 by Bartimeas McGonigle. The area was first known as McGonigle's Point and streets were platted in 1848. Businesses were founded and S.M. Brice served as the area's first postmaster. The first newspaper was published in 1869 by W.M. Patrick and the area continued to grow. Today Center Point is home to approximately 2,421 residents.

## CENTRAL CITY

Located in Buffalo Township, Central City was originally named Clarksford, but was renamed due to its central location of farms found in the area. Settled in the 1840s, the community was platted by Victory Haight in 1856. A dam and mill were then built, attracting a variety of businesses to the area. By 1870 Central City housed a hotel, general store, blacksmith shop, saloon, drug store and specialty shops. Today Central City is home to approximately 1,257 residents.

## HIAWATHA

Hiawatha owes much of its history to Fay Clark, a prominent resident who assisted with development of the area. Clark served as the town mayor and assisted the community with incorporation in 1950. The name Hiawatha is derived from Clark's trailer company, Hiawatha Brook Trailer Court. Clark also served as a local Justice of the Peace and helped to establish the Linn County Fire Association. The community has since grown quickly due to its proximity to Cedar Rapids and continues to thrive. Today Hiawatha is home to approximately 7,024 residents.

## MARION

Marion was settled in 1838 by William K. Farnsworth and named in honor of General Francis Marion. A post office was established in 1839 with Addison Daniels serving as the area's first postmaster. The community was first selected as the county seat until it was moved to Cedar Rapids in 1919. As the railroad was constructed, Marion continued to thrive. General stores, hardware stores, grocery stores, drug stores, blacksmith shops, manufacturing centers and a variety of specialty shops were booming and the population grew to 2,000 by 1861. Marion was incorporated in 1865 and has continued to grow dramatically. Today Marion is home to approximately 34,768 residents.

## MOUNT VERNON

Charles C. Haskins was the first to settle the Mount Vernon area in 1837. Streets were platted in 1847 by Richard J. Habert and businesses were established. Harness shops, stables, churches, blacksmith shops, and schools were founded, which attracted new residents. E.D. Wain served as the area's first postmaster and the population of Mount Vernon reached 760 by 1860. The community was incorporated in 1869 and continues to thrive. Today Mount Vernon is home to approximately 4,506 residents.



The first residents in Johnson County were members of the Sac and Fox Indian tribes. In 1837 Johnson County was organized from part of Dubuque County and a courthouse was built the following year. Iowa City was selected as the county seat and the area was named in honor of Vice President Richard M. Johnson. Early settlers were attracted to the ample natural resources and river power, settling near railways and waterways. Early industry included agriculture, milling and manufacturing. In 1900 the population of Johnson County reached 17,437 and by 1950 the area had grown to over 45,756. Today Johnson County is home to approximately 128,094 residents.

Johnson County is home to The University of Iowa, located in the county of seat of Iowa City. The county was named for Richard Mentor Johnson who was the newly elected Vice President of The US when Johnson County was officially formed in 1837.

The Johnson County Historical Society is based in Coralville and operates several museums and historically significant sites. One of those is a home of the first Governor of the Territory of Iowa, Plum Grove, which is in Iowa City. The house has been open to the public since it was restored by the state in 1946. They also manage The Johnson County Poor Farm. Poor Farms were established in every county in Iowa in the middle of the 19th century to care for indigent and mentally ill citizens, and the Johnson County Poor Farm is a well preserved example of how these largely agricultural institutions functioned.

The Historical Society also operates a museum in Coralville that houses over 10,000 artifacts relating to the history of the county and the state of Iowa.

**CORALVILLE** – pop. 18,907

**HILLS** – pop. 703

**IOWA CITY (COUNTY SEAT)** – pop. 67,862

**LONE TREE** – pop. 1,300

**NORTH LIBERTY** – pop. 13,374

**OXFORD** – pop. 807

**SHUEYVILLE** – pop. 577

**SOLON** – pop. 2,037

**SWISHER** – pop. 879

**TIFFIN** – pop. 1,814

**UNIVERSITY HEIGHTS** – pop. 1,947

*\*Populations are approximate.*

## CORALVILLE

Coralville was settled in the late 1840s as a dam was constructed along the Iowa River. By 1843 the area housed a blacksmith shop, lumberyard, general stores and saloons. The community was named Coralville after fossils discovered near limestone mills resembled those found in coral reefs. The area began to boom after World War II due to its proximity to the University of Iowa, and by 1950 its population had grown to 977. Today Coralville is home to approximately 18,907 residents.

## IOWA CITY (COUNTY SEAT)

Iowa City was established in 1839 and selected as the county seat. The first permanent residents were John Gilbert and Wheaton Chase who established and managed nearby trading posts. Streets were platted and Iowa City was first selected as the state capital of Iowa in 1841, where it remained until 1876 when it was moved to Des Moines. As the railroad was constructed, Iowa City continued to thrive and was selected as the county seat. Today Iowa City is home to approximately 67,862 residents.

## LONE TREE

Established in 1872, Lone Tree was founded by John W. Jayne. Jayne platted streets and businesses were constructed. The name Lone Tree is derived from a large white elm tree found in the area which became a pioneer landmark. By 1890, Lone Tree housed a school, grain elevator, general stores and specialty shops. Today Lone Tree is home to approximately 1,300 residents.

## NORTH LIBERTY

Settled by John Gaylor and Alonzo C. Dennison in 1838, North Liberty was first recognized as North Bend due to its proximity to a bend in the Iowa River. Streets were platted in 1857 and by 1913 its population had reached 190. With the establishment of the North Liberty Community Library in 1984, the area has continued to thrive. Today North Liberty is home to approximately 13,374 residents.

## SOLON

Solon was first established in 1842 by John West and the area was replatted by H.H. Kerr and P.B. Andrews in 1850. It was named in honor of Solon of ancient Greece and as the railroad arrived, Solon began to grow. By 1877, Solon was incorporated and housed a hotel, blacksmith shop, grocery stores, mills, a lumberyard and specialty shops. In 1882 the Solon Creamery produced over 18,000 pounds of butter and the area continued to develop. Today Solon is home to approximately 2,037 residents.

## TIFFIN

Settled in the 1800s by Rolla Johnson, Tiffin was first known as the Clear Creek Settlement. The community was renamed in honor of Johnson's hometown of Tiffin, Ohio and the original plat included areas of North Bend. As settlers were attracted to the ample natural resources, Tiffin began to grow and businesses and a school were established. Today Tiffin is home to approximately 1,814 residents.

## UNIVERSITY HEIGHTS

University Heights was originally recognized as West Lucas Township. Farms were established and the community grew slowly until the 1920s when Lee and George Koser began developing the area. In 1935 University Heights was incorporated and due to land annexations by Iowa City in the 1960s, the area has grown slowly. Today University Heights is home to approximately 1,050 residents.

The Iowa City area community includes Coralville, North Liberty, Solon, and other small towns with a total population of about 100,000. The University both provides and attracts a wide variety of cultural opportunities, Big Ten athletic events, and a number of business endeavors resulting from scientific and educational research that originated at Iowa. In the summers, Iowa City sponsors weekly downtown jazz and pop concerts, and all through the year major poets, writers, artists, historians, scientists, and others speak or perform in University venues or to read at local bookstores. Excellent public schools, close, safe, and comfortable neighborhoods, and a highly educated population mean that Iowa City frequently appears high on "best-place-to-live" listings in national magazines. The nearby countryside, good state parks, and the Iowa River provide many opportunities for walking, biking, and boating. Twenty miles to the north is Cedar Rapids, Iowa's second-largest city, home to the Eastern Iowa Airport and a population of about 120,000.

Established in 1847, Iowa has won international recognition for its wealth of achievements in the arts, sciences, and humanities. Iowa was the first U.S. public university to admit men and women on an equal basis and the first institution of higher education in the nation to accept creative work in theater, writing, music, and art as theses for advanced degrees. It established the first law school and the first educational radio station west of the Mississippi, broadcast the world's first educational television programs, and developed and continues to hold pre-eminence in educational testing.

The University has world renowned research programs in genetics, hydraulics, and speech and hearing, and has recorded major innovations in agricultural medicine, biocatalysis, biomedical engineering, biomedical sciences, and pharmacology education. Its graduate programs in audiology, printmaking, creative writing, speech-language pathology, and nursing service administration are first-ranked. Iowa scientists, including James Van Allen, have been pioneers in space research, designing and building research instruments for more than 50 successful U.S. satellites and space probes. The University of Iowa operates one of the nation's most advanced and comprehensive university-owned teaching hospitals. It also has developed the most technically advanced driving simulator in the world.

To learn more about the University of Iowa, call (319) 335-3500 or visit [www.uiowa.edu](http://www.uiowa.edu) online.

*\*Information courtesy of the University of Iowa.*

# UNIVERSITY OF IOWA

The University of Iowa is a major national research university located on a 1,900-acre campus in Iowa City in southeast Iowa, on the Iowa River near the intersection of U.S. Interstate Highways 80 and 380. Iowa is composed of 11 colleges, the largest of which is the College of Liberal Arts and Sciences, enrolling most of Iowa's undergraduates. The Henry B. Tippie College of Business, the Roy J. and Lucille A. Carver College of Medicine, and the Colleges of Education, Engineering, Law, Nursing, Pharmacy, enroll undergraduates, and with the Colleges of Dentistry and Public Health provide graduate education in conjunction with the Graduate College.

More than 30,500 students enroll at Iowa each year. Some 55 percent come from Iowa, 25 percent from adjoining states, and 9 percent from the remaining states. International students from 100 countries make up 10 percent of the University's enrollment. The faculty numbers about 1,700 and there are about 13,000 staff. The total annual operating budget is about \$2.8 billion, and there are more than 120 major buildings, most of them within walking distance of one another. Adding to the population are more than a million visitors each year who come to enjoy cultural events and art exhibits, to attend Big Ten athletic events, and to participate in the many conferences and educational programs scheduled at the University year-round.



# TORNADO SAFETY

## Precautions:

- KNOW WHERE YOU CAN TAKE SHELTER IN SECONDS.
- HAVE A PLACE, EVERYONE KNOWS, TO GO TO AFTER THE STORM HAS PASSED.
- FLYING DEBRIS IS THE BIGGEST DANGER DURING A TORNADO. YOUR SHELTER SPACE SHOULD HAVE MATTRESSES OR THICK BLANKETS AROUND, TO PROTECT YOURSELVES.
- DO NOT OPEN YOUR WINDOWS TO TRY & "EQUALIZE THE PRESSURE." THIS ONLY MAKES IT EASIER FOR DEBRIS TO INJURE YOU.
- ALSO, STAY AWAY FROM WINDOWS!

## Things to Look and Listen for:

- CONSTANT ROTATION OF THE CLOUDS BASE.
- FLYING/ROTATING DEBRIS UNDER THE CLOUD.
- TORNADOS DON'T ALWAYS HAVE A VISIBLE FUNNEL.
- HEAVY RAIN OR HAIL FOLLOWED BY EITHER BY AN EERIE CALM IN THE STORM OR RAPID WIND CHANGES & SHIFTS.
- LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

## Lightning Distance Tracker

YOU CAN FIGURE OUT HOW FAR AWAY THE LIGHTNING IS FROM YOU LIKE THIS...  
COUNT THE SECONDS IN BETWEEN THE FLASH OF LIGHTNING & THE CRACK OF THUNDER.  
DIVIDE THE NUMBER OF SECONDS BY 5 & YOU HAVE YOUR DISTANCE IN MILES.

0 SECONDS	5 SECONDS	20 SECONDS	60 SECONDS
0 MILES	1.08 MILES	4.35 MILES	13.06 MILES

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# PARKS & RECREATION

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## CEDAR RIVER CROSSING

180th St. | Solon

## CHAIN LAKES NATURAL AREA

Chain Bridge Rd. | Palo

## CLEAR CREEK AREA

Half Moon Ave. NW | Oxford

## FRYTOWN CONSERVATION AREA

Angle Rd. SW | Kalona

## F.W. KENT PARK

Hwy. 6 NW | Oxford

## GOOSE POND NATURAL AREA

Lewis Bottoms Rd. | Center Point

## HAROLD & RUTH REHRAUER NATURAL AREA

Red Bridge Rd. | Coggon

## HILLS ACCESS

520th St. SE | Hills

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Wapsie Ridge Dr. | Walker

## J. HAROLD ENNIS PRESERVE

Cedar River Rd. | Mt. Vernon

## JAY G. SIGMUND MEMORIAL SITE

Boy Scout Rd. | Waubek

## MATSELL BRIDGE NATURAL AREA

Matsell Park Rd. | Central City

## MILLARD PRESERVE

Millard Ln. | Central City

## MORGAN CREEK PARK

Worcester Rd. | Palo

## NORTH CEDAR NATURAL AREA

Cedar Heights Trl. | Center Point

## OTTER CREEK NATURAL AREA

Eff Ln. | Palo

## PALISADES-DOWS PRESERVE

Ivanhoe Rd. | Ely

## PALO MARSH NATURAL AREA

Palo Marsh Rd. | Palo

## PARIS BRIDGE NATURAL AREA

Sutton Rd. | Coggon

## PINICON RIDGE PARK

Horseshoe Falls Rd. | Central City

## RIVER JUNCTION

River Junction Rd. SE | Lone Tree

## ROCK ISLAND BOTANICAL PRESERVE

Preserve Way | Cedar Rapids

## SCOTT CHURCH PARK

American Legion Rd. SE | Iowa City

## SOLON PRAIRIE

5th St. E | Solon

## SOUTH CEDAR NATURAL AREA

County Park Ln. | Mt. Vernon

## SQUAW CREEK PARK

Squaw Ln. | Marion

## SUTLIFF ACCESS

130th St. NE | Lisbon

## TROY MILLS RIVER ACCESS

Hwy. D62 Coggon Rd. | Troy Mills

## WAKEMA PARK

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## WAKPICADA NATURAL AREA

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## WICKIUP HILL NATURAL AREA

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## **CEDAR RAPIDS ICE ARENA**

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## **CEDAR RAPIDS PUBLIC LIBRARY**

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## **CEDAR RAPIDS SYMPHONY**

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## **CEDAR RIDGE VINEYARDS**

1421 Marak Rd. | Swisher | (319) 362-2778

## **CORALVILLE COMMUNITY AQUATIC CENTER**

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## **CORALVILLE LAKE & DEVONIAN FOSSIL GORGE**

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## **CORALVILLE PUBLIC LIBRARY**

1401 5th St. | Coralville | (319) 248-1850

## **CZECH VILLAGE ASSOCIATION**

76 16th Ave. SW | Cedar Rapids | (319) 364-0001

## **ENGLERT CIVIC THEATRE, INC.**

221 Washington St. E | Iowa City | (319) 688-2653

## **FIRESIDE WINERY**

1755 P Ave. | Marengo | (319) 662-4222

## **GAZEBO ON THE GREEN**

3002 Newport Rd. NE | Iowa City | (319) 338-7889

## **GRANGER HOUSE**

970 10th St. | Marion | (319) 377-6672

## **GROUND TRANSPORTATION CENTER**

200 4th Ave. SE | Cedar Rapids | (319) 286-5573

## **HANCHER AUDITORIUM**

231 Hancher Rd. | Iowa City | (319) 335-1130

## **HERBERT HOOVER PRESIDENTIAL MUSEUM**

210 Parkside Dr. | West Branch | (319) 643-5301

## **IOWA CHILDREN'S MUSEUM**

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## **IOWA CITY COMMUNITY THEATRE**

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## **IOWA EQUESTRIAN CENTER**

6301 Kirkwood Blvd. SW | Cedar Rapids | (319) 398-7107

## **IOWA MASONIC LIBRARY & MUSEUM**

813 1st Ave. SE | Cedar Rapids | (319) 365-1438

## **JOHNSON COUNTY HISTORICAL SOCIETY**

860 Quarry Rd. | Coralville | (319) 351-5738

## **LEGION ARTS/CSPS**

1103 3rd St. SE | Cedar Rapids | (319) 364-1580

## **MARION HERITAGE CENTER**

590 10th St. | Marion | (319) 377-6672

## **MERCER PARK AQUATIC CENTER**

2701 Bradford Dr. | Iowa City | (319) 356-5109

## **NATIONAL CZECH & SLOVAK MUSEUM & LIBRARY**

30 16th Ave. SW | Cedar Rapids | (319) 362-8500

## **OLD CREAMERY THEATRE CO.**

39 38th Ave. | Amana | (319) 622-6194

## **ORCHESTRA IOWA**

119 3rd Ave. SE | Cedar Rapids | (319) 366-8206

## **PENTACREST MUSEUMS**

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## **RIVERSIDE THEATRE**

213 Gilbert St. N | Iowa City | (319) 338-7672

## **SILOS & SMOKESTACKS NATIONAL HERITAGE AREA**

604 Lafayette St. #202 | Waterloo | (319) 234-4567

## **SPT THEATRE CO.**

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## **SUMMER OF THE ARTS**

P.O. Box 3128 | Iowa City | (319) 337-7944

## **STARLIGHTERS II THEATRE**

136 Main St. E | Anamosa | (319) 462-4783

## **THEATRE CEDAR RAPIDS**

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## **USHERS FERRY HISTORIC VILLAGE**

5925 Seminole Valley Trl. NE | Cedar Rapids | (319) 286-5763

## **UNIVERSITY OF IOWA ATHLETICS DEPARTMENT**

205 Carver Hawkeye Arena | Iowa City | (319) 335-9431

## **UNIVERSITY OF IOWA ATHLETICS HALL OF FAME**

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Nonresident Ginseng Harvest.....	\$67.00
Ginseng Grower.....	\$2.00

*\*Any resident born after January 1, 1972 must have completed an approved hunter education program in Iowa or another state in order to purchase a hunting license. If hunter education certification is not on customer record, proof of hunter education will have to be displayed when purchasing a license at a local vendor, or to complete the order, call: 1 (800) 367-1188.*



WOUNDED WARRIORS GUIDE SERVICE

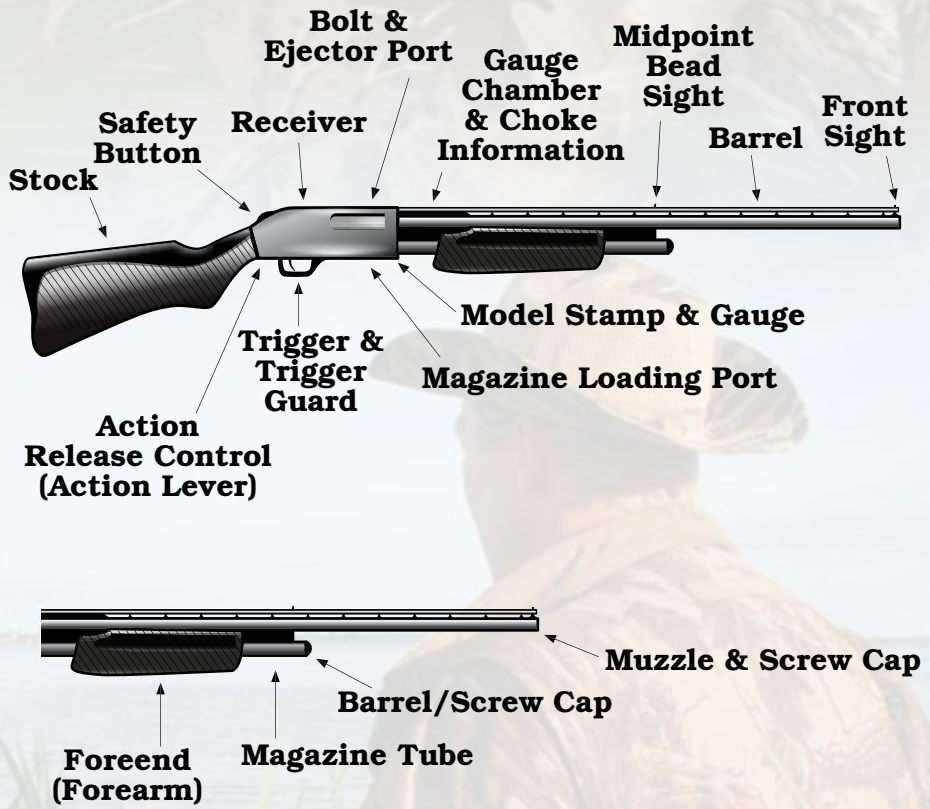
is a cost free guide service founded by veterans for veterans. We here at WOUNDED WARRIORS GUIDE SERVICE provide waterfowl hunting and fishing opportunities for our vets that have been wounded serving our great nation. At WOUNDED WARRIORS GUIDE SERVICE we are always preparing for the seasons and decided that we want to share our great experiences with those who have sacrificed greatly for our country



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**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 5 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, 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.

You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online: [www.iowadnr.gov](http://www.iowadnr.gov) Toll Free: 515-725-8200  
Or visit one of the ELS agents available throughout the area:

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### **GUPPYS ON THE GO**

235 Edgewood Rd. NW | Cedar Rapids | (319) 326-2897

### **GUPPYS ON THE GO**

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### **HYVEE, INC.**

279 Collins Rd. NE | Cedar Rapids | (319) 393-8910

### **HYVEE, INC.**

5050 Edgewood Rd. NE | Cedar Rapids | (319) 378-0762

### **KMART**

180 Collins Rd. NE | Cedar Rapids | (319) 377-6303

### **LINN COUNTY RECORDER**

395 2nd St. SW | Cedar Rapids | (319) 892-5240

### **MCGRATH MOTORSPORTS, LLC**

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(319) 393-1888

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## **CEDAR RAPIDS, CONTD.**

### **THEISEN'S OF CEDAR RAPIDS**

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### **WALMART**

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### **STATION 1 AUTOMOTIVE, LLC**

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### **SCHEELS ALL SPORTS**

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### **WALMART**

2801 Commerce Dr. | Coralville | (319) 545-6419

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### **FUNCREST BAIT & TACKLE**

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### **HYVEE, INC.**

1201 N Dodge St. | Iowa City | (319) 354-9223

### **KMART**

901 Hollywood Blvd. | Iowa City | (319) 351-8170

### **ND EXPRESS**

2790 N Dodge St. | Iowa City | (319) 351-6100

## **IOWA CITY, CONTD.**

### **PAUL'S DISCOUNT**

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### **WALMART**

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### **BAXA'S SUTLIFF STORE & TAVERN**

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## **MARION**

### **DRUG TOWN**

2790 7th Ave. | Marion | (319) 377-4821

### **GUPPYS ON THE GO**

680 Lindale Dr. | Marion | (319) 373-4161

### **WALMART**

5491 Bus. Hwy. 151 | Marion | (319) 447-2395

## **MOUNT VERNON**

### **GUPPYS ON THE GO**

1206 1st St. W | Mt. Vernon | (319) 895-9100

### **MOUNT VERNON ACE HARDWARE**

222 1st Ave. S | Mt. Vernon | (319) 895-8183

## **NORTH LIBERTY**

### **CORRIDOR CONVENIENCE**

620 Meade Dr. | North Liberty | (319) 665-3626

### **L.D. EXPRESS**

900 W Penn St. | North Liberty | (319) 626-2621

## **OXFORD**

### **EAGLE EYE TACTICAL, LLC**

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### **PALO OUTDOORS**

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### **RALSTON MINI MART**

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## **ROBINS**

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990 Robins Square Dr. | Robins | (319) 743-9818

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### **RJ'S EXPRESS**

110 S Market St. | Solon | (319) 624-2413

### **SAM'S MAINSTREET MARKET**

123 E Main St. | Solon | (319) 624-2669

## **SPRINGVILLE**

### **WOODY'S ONE STOP**

510 1st Ave. | Springville | (319) 854-6615

## **SWISHER**

### **GUPPYS ON THE GO**

2722 120th St. NE | Swisher | (319) 857-4140

### **SWISHER TRUST & SAVINGS BANK**

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## **TIFFIN**

### **THE DEPOT**

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## **TROY MILLS**

### **TROY STORE**

5913 Main St. | Troy Mills | (319) 224-3312

## **WALFORD**

### **GUPPYS ON THE GO**

200 Hwy. 151 E | Walford | (319) 846-6278

# ICE SAFETY GUIDELINES:



## Did you know?

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



# FISHING SEASONS

Continuous Black Bass	Continuous Shovelnose Sturgeon
Continuous Bluegill	Continuous Trout
Continuous Catfish	Continuous Walleye
Continuous Frogs	Continuous Yellow Bass, White Bass, Rock Bass
Continuous Muskellunge	Continuous Yellow Perch
Continuous Mussels	Continuous All other fish
Continuous Northern Pike	Closed Threatened and Endangered Species
Continuous Paddlefish	*Contact the IA DNR for specific zone information by calling: 515-725-8200 or go to <a href="http://www.iowadnr.gov">www.iowadnr.gov</a> for more information.



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319-339-9100 • [www.olivegarden.com](http://www.olivegarden.com)

## 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 GUN WALE, 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.

## Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
  - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
  - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
  - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
  - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
    - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
  - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER OLD ON BOARD WITHIN REACH OF THE CONTROLS.



## 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.

# Bicycle Hand Signals



# Snowmobile Hand Signals

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

<b>Right Turn</b> 	<b>Slowing</b> 
<b>Stop</b> 	<b>Sleds Following</b> 
<b>Left Turn</b> 	<b>Last Sled in Line</b> 
<b>Oncoming Sleds</b> 	



## 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.

# Know Your ATV

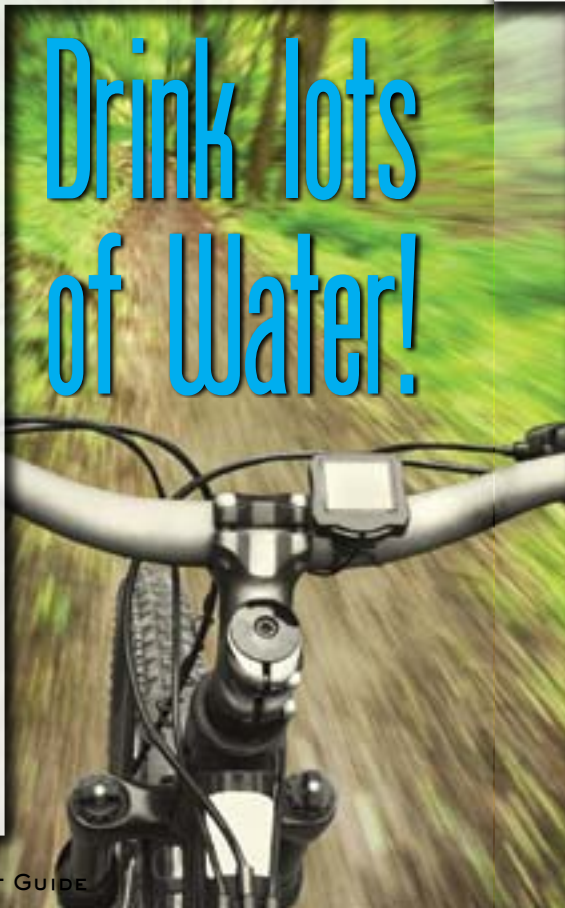




# Be Cautious of Other Bikers

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

## Drink lots of Water!

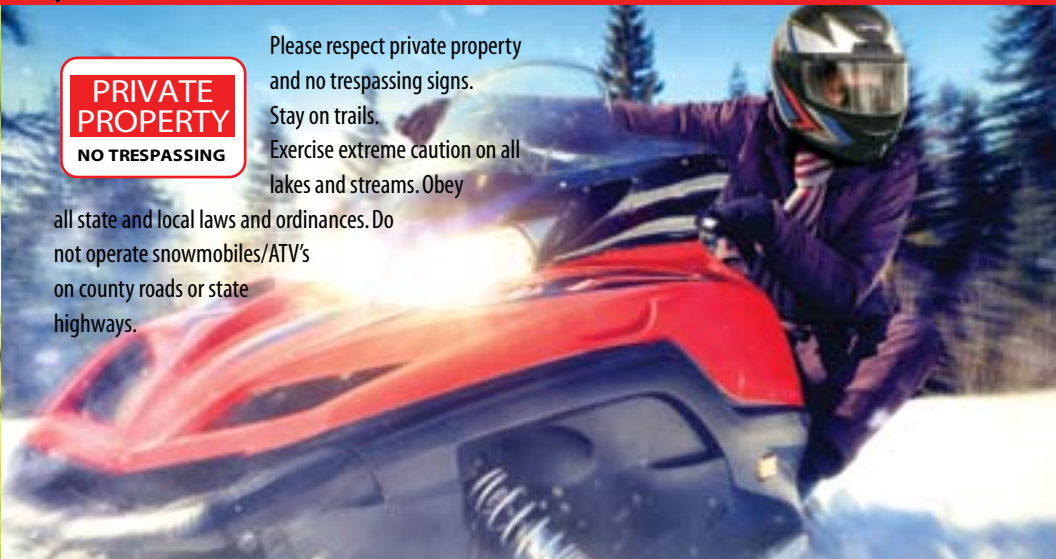


# SNOWMOBILE SAFETY

**PRIVATE PROPERTY**  
**NO TRESPASSING**

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey

all state and local laws and ordinances. Do not operate snowmobiles/ATV's on county roads or state highways.



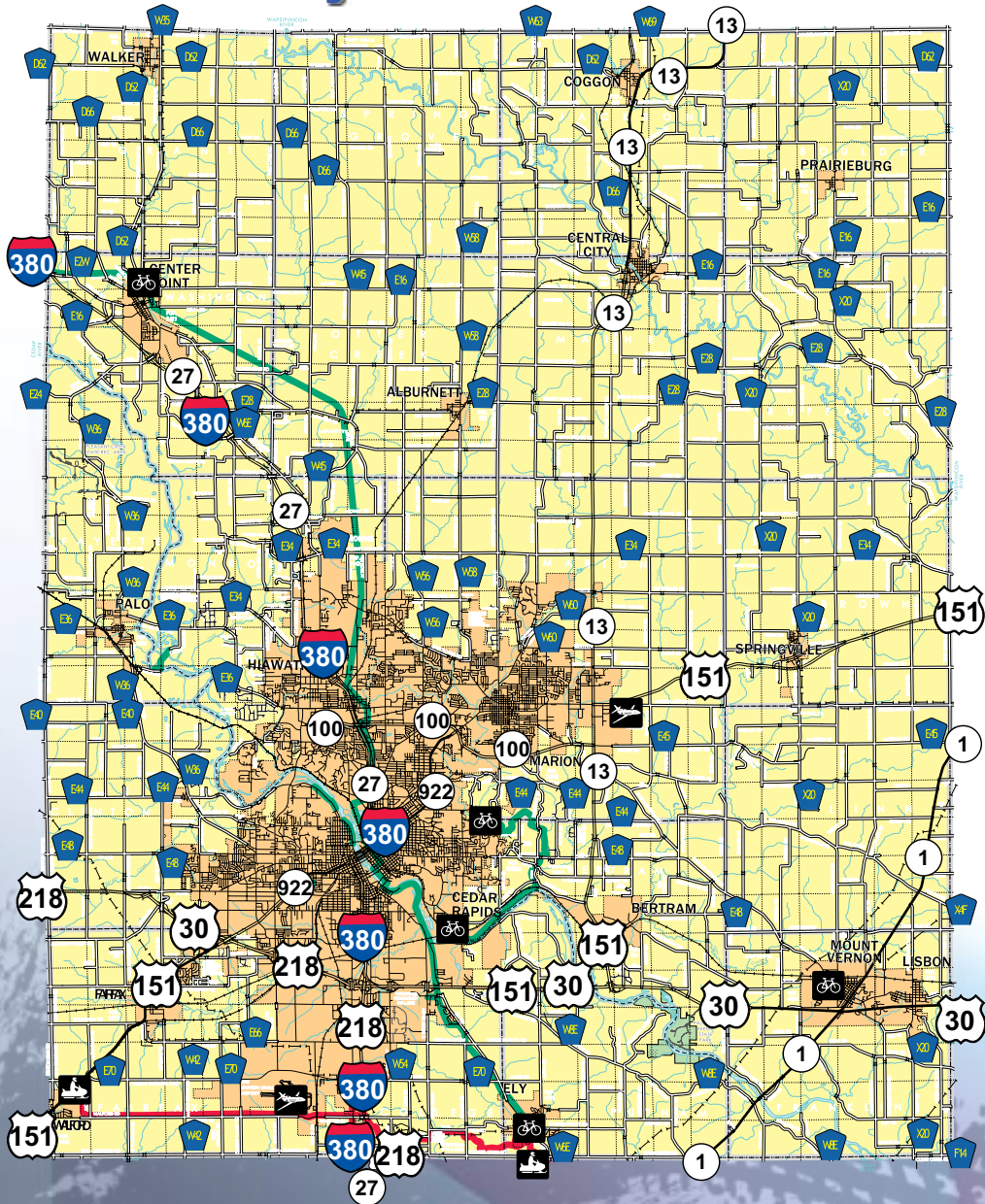
- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy 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.

# Slow Down!

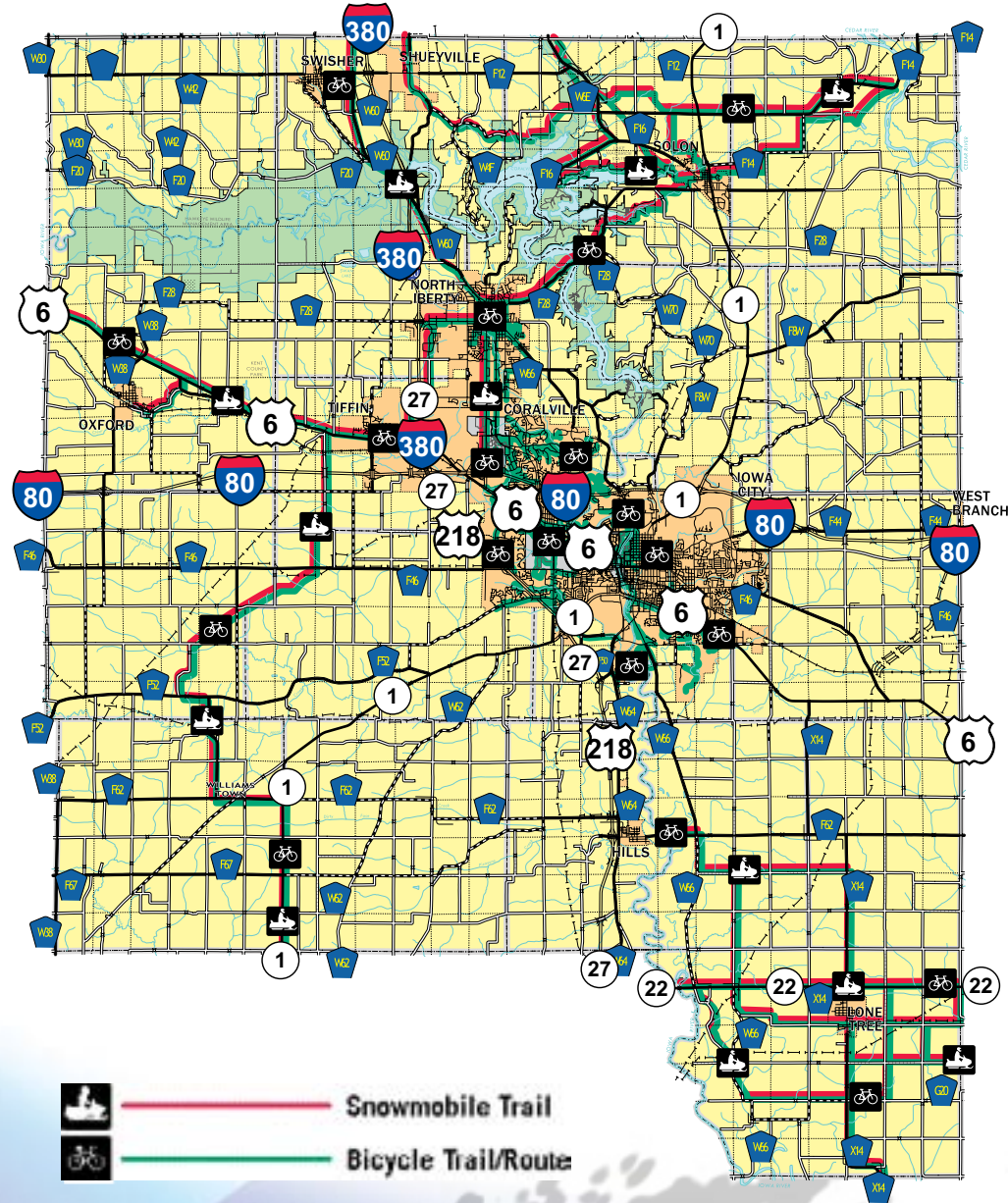
Snowmobiling is fun. Going to the hospital isn't.

# LOCAL AREA TRAILS

## Linn County



## Johnson County



# ENERGY SAVING TIPS

## Summer Energy Saving Techniques

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

### Windows

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

### Adjust Your Thermostat

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

### Maintain Your Cooling Systems

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

### Fans and Vents

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

### Appliances and Electronics

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

### Lighting

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

## Winter Energy Saving Techniques

### Windows

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

### Adjust Your Thermostat

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

### Air Leaks and Insulation

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

### Maintain Your Heating Systems

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

### Lower Your Water Heating Costs

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

### Lighting

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

## PARENTS:

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

## KIDS:

### FIRE SAFETY

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

### HOME ALONE

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



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

### INSECT BITES/ANAPHYLAXIS

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

### POISON PREVENTION

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

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

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

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



# SAFETY 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 sun-screen outdoors. Avoid giving aspirin to children.

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

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

**DO NOT remove burnt clothing.**

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

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

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

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

### CHOKING

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

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



**IN AN EMERGENCY, DIAL 911**

# Cedar River Tower APARTMENTS

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