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# Local Area Events

## JANUARY

Sons of Norway Pancake Breakfast | North Fargo  
 Rumble on the Red Wrestling Championships | Fargo  
 Radio Fargo/Moorhead Bridal Show | Fargo  
 Tjugonde Knut | Fargo  
 Red River Valley Coin Show | Fargo

## FEBRUARY

Monster Jam | Fargo  
 Winterfest Dog Sled Rides | South Fargo  
 Ronald McDonald Sweetheart Ball | Fargo  
 Pancake Carnival | Fargodome  
 International Figure Skating Classic | Moorhead  
 Nordic Gala | Moorhead  
 Miniature Aircraft Model Show | Fargo  
 Polarfest | Hitterdal  
 Fargo Winter Bluesfest | Fargo  
 Butterfly Ball Father/Daughter Prom | Fargo  
 RV, Home & Garden Show | Fargo  
 The American Heart Ball | Moorhead

## MARCH

RRV Sportsmen's Show | Fargo  
 Youth Ice Fishing Derby | Fargo  
 Spring Craft Show | Moorhead  
 Hunt of a Lifetime Banquet | Fargo  
 Fargo Ice Revue

St. Patrick's Day Parade | Fargo

Celtic Festival | Moorhead

Fargo Film Festival

Moorhead Ice Show

Antique & Collectible Show | Moorhead

PRCA Championship Rodeo | Fargo

## APRIL

Area-Wide Rummage Sales | Barnesville

Core Con | Fargo

Make-A-Wish Walk for Wishes | Fargo

Sons of Norway Easter Buffet Dinner | North Fargo

Fargo Holistic Expo | Fargo

One Act Festival | Concordia College

Valley Earth Week Green Expo

AT Expo | Fargo

# Local Area Events

## MAY

Kite Day | Fargo  
 Canadian Snowbirds Over Wahpeton Airshow | Fargo  
 Parade of Homes | Fargo/Moorhead  
 Johnson's Barn Dance | Arthur  
 Fargo Zombie Pub Crawl | Fargo

## JUNE

BMX Clinic | Fargo  
 Tuff Enuf to Ride Pink | Fargo  
 Classic Music Festival | Fargo  
 Ribfest | Fargo  
 Community Block Party | Fargo  
 HERO Bash | Fargo  
 Corks & Canvas Walk | Fargo  
 Busch Light Softball Classic | Fargo  
 WMCA Chase Race | Fargo  
 Golf for Kids' Sake | Fargo  
 Wine & Roses Fundraiser | Fargo  
 Midwest Kids Fest | Fargo  
 ND Tour DeCure | Fargo  
 Relay for Life | Fargo  
 NDSU Bison Art Gala | Fargo  
 Zombie Prom | Fargo  
 Scandinavian Hjemkomst Festival | Moorhead

## JULY

Old Fashioned 4th of July Celebration | Barnesville  
 Viking Village | Moorhead  
 Moorhead Parks & Recreation Neighborhood Park Party  
 Red River Valley Fair | West Fargo  
 Fargo's Downtown Street Fair  
 Third Thursday in Downtown Fargo  
 USA Wrestling Tournament | Fargo  
 Blues Festival | Fargo  
 Clay County Fair | Barnesville  
 Red River Valley Fair | West Fargo

## AUGUST

Labor Day Weekend Celebration | Fargo  
 River Arts | Moorhead  
 Potato Days Festival | Barnesville  
 Turkey Days | Ulen  
 Third Thursday in Downtown Fargo  
 Midwest Waterfowl Festival | Fargo  
 Pioneer Days at Bonanzaville | West Fargo  
 Fargo AirSho | Fargo  
 Wine & Grape Harvest Festival | Buffalo  
 Island Park Craft Show | Fargo  
 Cass County Summerfest | Casselton  
 Horace Bean Days

## SEPTEMBER

Big Iron | Moorhead  
 Greater Moorhead Days  
 National Muffler's Cruisin' Broadway | Fargo  
 Western Minnesota Stream Thresher's Reunion | Rollag  
 Fargo Fest  
 Harwood Community Days  
 West Fest | West Fargo

## OCTOBER

Fall Home Show | Fargo  
 FMVA's Studio Crawl | Fargo  
 Antique & Collectible Show | Moorhead  
 Friends of the Library Fall Used Book Sale | Moorhead

## NOVEMBER

Holiday Lights Parade | Moorhead  
 Church Bazaar | Moorhead  
 Antique & Collectible Show | Moorhead

## DECEMBER

North Dakota Ag Show | Fargo  
 Santa Fly-In | Fargo  
 Jingle Bell Run/Walk for Arthritis | Fargo  
 Classic Film Festival | Fargo  
 Holly Jolly Zoo Days | Fargo  
 Sleigh Rides | Fargo  
 Gun Show | West Fargo

# Residential Services

## CASS COUNTY, ND

Assessor .....	(701)241-5616
Attorney .....	241-5850
Auditor/Treasurer .....	241-5600
Extension Services .....	241-5700
Highway Department .....	298-2370
Recorder .....	241-5620
Sheriff.....	241-5800
Veterans Services .....	241-5746

## CLAY COUNTY, MN

Administration.....	(218)299-5002
Assessor.....	299-5017
Attorney .....	299-5035
Auditor .....	299-5006
Court Administration .....	299-5056
Highway Department .....	299-5099
Human Resources .....	299-5002
Recorder .....	299-5031
Sheriff.....	299-5151
Treasurer.....	299-5011
Veterans Services .....	299-5002



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## Cass County, ND History *(Fargo, County Seat)*

Cass County was established in 1873 and named for George Washington Cass, a railroad executive. Fargo was selected as the county seat and the rich, fertile soil of the Red River Valley drew settlers that established homesteads. Fargo was selected as the county seat and hotels, churches, schools and a variety of businesses were quickly constructed. Early industry was dominated by agriculture as residents farmed and shipped wheat. By 1910 its population had reached 33,935 and the area continued to develop. In 1950 its population had reached 58,877 and the area continued to grow. Today Cass County is home to approximately 149,778 residents.

**ALICE** – pop. 50

**AMENIA** – pop. 89

**ARGUSVILLE** – pop. 134

**ARTHUR** – pop. 378

**AYR** – pop. 22

**BRIARWOOD** – pop. 82

**BUFFALO** – pop. 190

**CASSELTON** – pop. 2,329

**DAVENPORT** – pop. 251

**FARGO (COUNTY SEAT)** – pop. 105,549

**FRONTIER** – pop. 261

**GARDNER** – pop. 85

**GRANDIN** – pop. 166

**HARWOOD** – pop. 718

**HORACE** – pop. 2,430

**HUNTER** – pop. 304

**KINDRED** – pop. 692

**LEONARD** – pop. 249

**MAPLETON** – pop. 762

**NORTH RIVER** – pop. 62

**OXBOW** – pop. 238

**PAGE** – pop. 205

**PRAIRIE ROSE** – pop. 74

**REILE'S ACRES** – pop. 285

**TOWER CITY** – pop. 241

**WEST FARGO** – pop. 25,830

*\*Populations are approximate.*

# Cass County, ND Communities

## CASSELTON

Casselton was established in 1873 as rail lines were constructed throughout the area and the community was originally known by a variety of names until a rail station was constructed in 1876 and the area was recognized as Casston. Its name was changed again in 1876 to Casselton as its first post office was established. By 1880 its population had reached 376 and Casselton was incorporated. Today Casselton is home to approximately 2,329 residents.

## FARGO (COUNTY SEAT)

Fargo, originally known as Centralia, was established in 1871 as a stopping place for steamboat travelers. Settlers arrived to stake land claims and the community began to progress as rail lines were constructed. Centralia was renamed Fargo in honor of railroad director and cofounder of the Wells Fargo Express Company, William G. Fargo and the community was selected as the county seat. Fertile soil continued to attract new residents and by 1892 its population reached over 8,000. Fire destroyed the area the following year, but Fargo was quickly rebuilt. The community is now recognized as an educational, manufacturing and cultural hub for the area with three universities located within city limits. Today Fargo is home to approximately 105,549 residents.

## HARWOOD

Harwood was established in 1881 and named in honor of A.J. Harwood, a local land developer and banker. Streets were platted the following year and by 1884 its population had reached 200. By 1890 the community housed grain elevators, a hotel, lumberyard, dance hall and a variety of businesses. Harwood continued to thrive and was incorporated in 1978. Today Harwood is home to approximately 718 residents.

## HORACE

Horace was founded in 1882 as the railroad was constructed. Access to water attracted many residents and the community began to grow. In 1950 its population reached 150 and the area continued to develop. The community is now one of the fastest growing communities in North Dakota due to its close proximity to Fargo with a current population growth over 150%. Today Horace is home to approximately 2,430 residents.



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# Cass County, ND Communities

## KINDRED

Kindred was first settled in 1871 and the community was named after local landowner William Kindred. Many settlers were of Norwegian descent and the Kindred was therefore known as a second Norway. A post office was established in 1874 and a general store, bank and school soon followed. The community was nearly destroyed by fire in 1901, but residents rebuilt resiliently. Today Kindred is home to approximately 692 residents.

## MAPLETON

First known as Maple River, Mapleton was settled in 1870 and a post office was established in 1875 with Mrs. Mary Bishop serving as its first postmaster. Early industry was led by agriculture as many residents farmed wheat and by 1884 Mapleton was incorporated. The community rivaled Fargo in size during the 1880s as it was a prime area to raise families, however as development slowed, growth began to slow. Today Mapleton is home to approximately 762 residents.

## WEST FARGO

In 1872 railroad expansion in the area allowed for development and West Fargo was first known as Haggart. Early businesses included a hotel, general store and a post office and by 1925 the community was renamed West Fargo. The nearby communities of Southwest Fargo and Riverside were consolidated to form present-day West Fargo and in 1986 voters elected the first female mayor, Florenz Bjornson, who held office until 2002. Today West Fargo is home to approximately 25,830 residents.

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## Clay County, MN History *(Moorhead, County Seat)*

Clay County was first known as Breckenridge County, named in honor of John C. Breckenridge as the area was established in 1858. Due to Breckenridge's pro-southern stance during the Civil War, the county was renamed in honor of Senator Henry Clay in 1862. Fertile soil and access to the Red River attracted many settlers and Moorhead was selected as the county seat. By 1910 its population had reached 19,640 and Clay County continued to grow. By 1950 its population had reached 30,363 and the area continued to develop. Today Clay County is home to approximately 58,999 residents.

**BARNESVILLE** – pop. 2,308

**COMSTOCK** – pop. 117

**DILWORTH** – pop. 3,677

**FELTON** – pop. 201

**GEORGETOWN** – pop. 128

**GLYNDON** – pop. 1,155

**HAWLEY** – pop. 1,874

**HITTERDAL** – pop. 199

**MOORHEAD (COUNTY SEAT)** – pop. 36,012

**SABIN** – pop. 441

**ULEN** – pop. 560

*\*Populations are approximate.*

# Clay County, MN Communities

## BARNESVILLE

Attracted to the rich, fertile soil, Barnesville was settled in 1877 as rail lines were constructed. The community was named in honor of George I. Barnes, a local store owner, and in 1882 streets were platted by Peter E. Thompson. Early industry was dominated by agriculture and by 1890 its population had reached 1,069. Today Barnesville is home to approximately 2,308 residents.

## DILWORTH

First known as Richardson, Dilworth was settled in 1883 and the community was renamed in honor of Joseph Dilworth, a railroad director and coffee importer. Railroad expansion allowed for growth and by 1910 the area housed a lumberyard, general stores, hotels, a post office and its population neared 500. Today Dilworth is home to approximately 3,677 residents.

## GLYNDON

Glyndon was established in 1872 and named in honor of deaf poet Laura Redden Searing's pseudonym, Howard Glyndon. The first post office was founded that same year with Stiles R. Nettleton serving as its postmaster. The community was incorporated in 1881 and continued to develop as the railroad was constructed. Today Glyndon is home to approximately 1,155 residents.

## HAWLEY

Settled in 1871, Hawley was originally recognized as Bethel until it was renamed in honor of railroad officer Thomas Hawley Canfield. Canfield platted streets and businesses and a school were established to meet the growing needs of its residents. Today Hawley is home to approximately 1,874 residents.

## MOORHEAD (COUNTY SEAT)

Settled in the 1870s, Moorhead was named after William G. Moorhead, railroad director and the community was incorporated in 1881. The area quickly became a trading center due to its proximity to the Red River and was selected as the county seat. Early industry was led by agriculture as the fertile soil allowed for crop diversity and at one point Moorhead was known as "Sin City," as it housed over 100 bars. Today Moorhead is home to approximately 36,012 residents.



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## Local Area Attractions

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18 Hwy. 18 S | Fargo | (701) 282-3805

### ADVENTURES SHOOTING SPORTS OF FARGO

4333 167th Ave. SE | Horace | (701) 282-3805

### ALL STAR BOWL

309 17th St. N | Moorhead | (218) 233-2020

### BLUE WOLF CASINO

3402 Interstate Blvd. S | Fargo | (701) 232-2019

### BONANZAVILLE USA

1351 Main Ave. W | Fargo | (701) 282-2822

### CHILDRENS'S MUSEUM - YUNKER FARM

1201 28th Ave. N | Fargo | (701) 232-6102

### COURTNEY'S COMEDY CLUB

600 30th Ave. S | Moorhead | (218) 287-7100

### DINOSAURS & MORE, LLC

843 Homestead Ct. | West Fargo | (701) 277-0809

### FARGO AIR MUSEUM

1609 19th Ave. N | Fargo | (701) 293-8043

### FARGO BILLIARDS & GASTROPUB

3234 43rd St. S | Fargo | (701) 282-4268

### FARGO MOORHEAD COMMUNITY THEATRE

333 4th St. S | Fargo | (701) 235-6778

### FARGO THEATRE

314 Broadway Ave. N | Fargo | (701) 239-8385

### GALAXIE LANES

20063 Hwy. 34 | Barnesville | (218) 493-4422

### GREAT NORTHERN REST & BREWERY

425 Broadway Ave. | Fargo | (701) 235-9707

## Local Area Attractions

### GLYNDON ROD & GUN CLUB

15305 60th Ave. S | Glyndon | (218) 498-2433

### HARDWOOD PRAIRIE PLAYHOUSE

1201 28th Ave. N | Fargo | (701) 298-6807

### HAWLEY LANES

504 Main St. | Hawley | (218) 483-4880

### MARCUS SAFARI CINEMA

925 30th Ave. S | Moorhead | (218) 236-5240

### MOORHEAD COUNTRY CLUB

2101 River Dr. N | Moorhead | (218) 236-0100

### MOORHEAD MEMORIAL GARDENS

56 11th St. N | Moorhead | (218) 233-4571

### NORTHPORT RED RIVER LANES

707 28th Ave. N | Fargo | (701) 235-1171

### PLAINS ART MUSEUM

704 1st Ave. N | Fargo | (701) 232-3821

### RED RIVER VALLEY SPEEDWAY

1805 Main Ave. W | West Fargo | (701) 282-2200

### RED RIVER ZOO

4220 21st Ave. S | Fargo | (701) 293-8043

### ROGER MARIS MUSEUM

3902 13th Ave. S | Fargo | (701) 282-2222

### ROURKE ART MUSEUM

512 Main Ave. | Moorhead | (218) 236-8861

### SANTA VILLAGE

701 Main Ave. | Fargo | (701) 433-5361

### SKATELAND SKATE CENTER

3302 Interstate Blvd. S | Fargo | (701) 235-0555

### SPARE TIME LANES

41 6th Ave. N | Casselton | (701) 347-5386

### SPIRITS LOUNGE & CASINO

3803 13th Ave. S | Fargo | (701) 277-7330

### TELEPHONE PIONEERS MUSEUM

P.O. Box 719 | West Fargo | (701) 282-7298

### THUNDER ROAD

2902 Thunder Rd. S | Fargo | (701) 282-5151

### VIKING SHIP PARK

212 1st Ave. N | Moorhead | (218) 299-5511

### VIKING SWORD MUSEUM

35 1st St. NW | Moorhead | (218) 233-4571

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- ♻️ Recycle as much as you can. Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.
- ♻️ Switch your incandescent light bulbs to compact fluorescent ones. Save money & energy.
- ♻️ Bring your own reusable shopping bags with you to the supermarket or the mall.
- ♻️ Donate your unwanted clothing to a local charity.
- ♻️ Recycle your used ink and toner cartridges. Most office supply stores accept used cartridges.
- ♻️ Recycling your used batteries prevents poisonous mercury from seeping into our water supplies and soil. Switch to rechargeable ones.
- ♻️ Switch to unbleached toilet paper, paper towels and coffee filters. Avoiding bleached products can help preserve the quality of our water supply and soil.
- ♻️ Unplug any unused appliances, especially if you're not going to be home. Your cellphone charger uses electricity, even when you're phone isn't charging.
- ♻️ Bring your own lunch. You'll avoid using non-recycleable styrofoam to-go containers and unnecessary throw-away packaging.
- ♻️ Start a compost bin in your yard. There are even ones that you can store under your kitchen sink.
- ♻️ Repurpose old items. Use old cd's as coasters, or empty yogurt containers to organize nuts and bolts.
- ♻️ Be crafty. Let old items be an inspiration for a craft project. Punch holes in tin cans to make candle luminaries or cut "yarn" strips out of plastic shopping bags to knit or crochet into new, reusable bags.
- ♻️ Have a green-cleaning product party. Invite your friends over to make enough vinegar-based homemade cleaners to share.
- ♻️ Run your washer/dryer/dishwasher after 5pm. This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent black-outs.



## Parks & Recreation

### 5TH AVE. MINI PARK

20th St. & 5th Ave. N | Fargo | (701) 241-1353

### 10TH AVE. MINI PARK

25th St. & 10th Ave. N | Fargo | (701) 241-1353

### 23RD ST. MINI PARK

23rd St. & 3rd Ave S | Fargo | (701) 241-1353

### AIRPORT PARK

1801 23rd Ave. N | Fargo | (701) 241-8168

### ALLYSON PARKWAY

4320 3rd St. S | Moorhead | (218) 299-5340

### ALM PARK

1300 Elm St. S | Moorhead | (218) 299-5340

### ANGELAS PARK

4121 2nd St. S | Moorhead | (218) 299-5340

### ARBOR PARK

530 30th St. N | Moorhead | (218) 299-5340

### ARROWHEAD PARK

2600 6th Ave. N | Moorhead | (218) 299-5340

### BELSLEY PARK

3500 12th St. S | Moorhead | (218) 299-5340

### BENNETT PARK

312 17th St. S | Moorhead | (218) 299-5340

### BOLER PARK

1734 34th St. S | Fargo | (701) 241-1353

### BRIDGEVIEW HOMESTEAD PARK

1002 7th St. N | Moorhead | (218) 299-5340

### BRUNSDALE PARK

1702 27th Ave. S | Fargo | (701) 241-1353

### BUFFALO RIVER STATE PARK

565 155th St. S | Glyndon | (218) 498-2124

### BULAND PARK

1801 13th Ave. N | Moorhead | (218) 299-5340

### BURDICK PARK

1550 South River Rd. S | Fargo | (701) 241-1353

### CASS COUNTY CAMPSITE

1201 Main Ave. W | West Fargo | (701) 282-2200



# Parks & Recreation

## **CENTENNIAL ATHLETIC COMPLEX & DOG PARK**

2600 15th Ave. N | Moorhead | (218) 299-5340

## **DAVY-MEMORIAL RIVERFRONT**

210 8th St. N | Moorhead | (218) 299-5340

## **DAVY PARK**

301 3rd Ave. S | Moorhead | (218) 299-5340

## **DIKE EAST**

100 2nd St. S | Fargo | (701) 241-1353

## **DIKE WEST & SKATE PARK**

310 4th St. S | Fargo | (701) 241-1353

## **DILL HILL**

653 7th Ave. S | Fargo | (701) 241-1353

## **DISCOVERY PARK**

1717 40th Ave. S | Fargo | (701) 241-1353

## **ED CLAPP PARK**

2801 32nd Ave. S | Fargo | (701) 241-1353

## **ELEPHANT PARK**

100 19th Ave. N | Fargo | (701) 241-1353

## **EVERGREEN MEADOWS**

3801 41st Ave. S | Moorhead | (218) 299-5340

## **FARGO PARK DISTRICT**

701 Main Ave. | Fargo | (701) 241-1353

## **FIVE NINE PARK**

412 9th St. N | Moorhead | (218) 299-5340

## **FOX RUN**

32nd St. & 42nd Ave. S | Moorhead | (218) 299-5340

## **FRIENDSHIP PARK**

2nd St. & 26th Ave. N | Fargo | (701) 241-1353

## **GOOSEBERRY MOUND PARK**

100 22nd Ave. S | Moorhead | (218) 299-5340

## **GREENFIELDS PARK**

52nd Ave. & University Dr. S | Fargo | (701) 241-1353

## **HAMPTON PARK**

32nd Ave. & 23rd St. S | Fargo | (701) 241-1353

## **HANSMANN PARK**

1320 12th Ave. N | Moorhead | (218) 299-5340

## **HOLM PARK**

194 Woodcrest Dr. N | Fargo | (701) 241-1353

## **HORIZON SHORES PARK**

3701 Ridgewood Blvd. | Moorhead | (218) 299-5340

## **ISLAND PARK**

616 1st Ave. S | Fargo | (701) 241-1353

## **IWEN PARK**

1209 52nd Ave. S | Fargo | (701) 241-1353

## **JEFFERSON WEST PARK**

5th Ave. & 21st St. S | Moorhead | (218) 299-5340

## **JOHNSON FARMS**

360 15th St. S | Moorhead | (218) 299-5340

## **JOHNSON PARK**

11th Ave. & 15th St. N | Fargo | (701) 241-1353

## **KNAPP PARK**

525 6th St. S | Moorhead | (218) 299-5340

## **LAMB PARK**

1325 14th Ave. S | Moorhead | (218) 299-5340

## **LEMKE PARK**

1807 16th St. S | Fargo | (701) 241-1353

# Parks & Recreation

## **LEWIS & CLARK PARK**

1729 16th St. S | Fargo | (701) 241-1353

## **LINCOLN PARK**

2120 9th St. S | Fargo | (701) 241-1353

## **LINDENWOOD PARK**

1712 5th St. S | Fargo | (701) 232-3897

## **LIONS CONSERVANCY PARK**

4150 University Dr. S | Fargo | (701) 241-1353

## **LONGFELLOW PARK**

20 29th Ave. N | Fargo | (701) 241-1353

## **M.B. JOHNSON PARK**

3601 11th St. N | Moorhead | (218) 299-5340

## **MADISON PARK & POOL**

1040 29th St. N | Fargo | (701) 241-1353

## **MATSON MEMORIAL FIELD**

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## **MCCORMICK PARK**

2101 9th Ave. S | Fargo | (701) 241-1353

## **MCKINLEY PARK**

2950 8th St. N | Fargo | (701) 241-1353

## **MEADOW CREEK PARK**

4800 Meadow Creek | Fargo | (701) 241-1353

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## **MILWAUKEE TRAIL MINI PARK #1**

3601 17th St. S | Fargo | (701) 241-1353

## **MILWAUKEE TRAIL MINI PARK #2**

3719 17th St. S | Fargo | (701) 241-1353

## **MILWAUKEE TRAIL MINI PARK #3**

3931 17th St. S | Fargo | (701) 241-1353

## **MOORHEAD MUNICIPAL POOL**

800 19th St. S | Moorhead | (218) 299-5340

## **MOORHEAD PARK DISTRICT & SPORTS CENTER**

324 24th St. S | Moorhead | (218) 299-5340

## **MORNINGSIDE PARK**

455 Oakway | Moorhead | (218) 299-5340

## **NEW REGION PARK & ATHLETIC COMPLEX**

2000 40th Ave. S | Moorhead | (218) 299-5340

## **NORTH BROADWAY PARK**

1052 36th Ave. N | Fargo | (701) 241-1353

## **NORTH OAKS PARK**

2881 Lilac Ln. N | Fargo | (701) 241-1353

## **NORTHEAST PARK**

1817 8th Ave. N | Moorhead | (218) 299-5340

## **NORTHFIELDS PARK**

7300 27th St. N | Fargo | (701) 241-1353

## **OAK CREEK PARK**

4403 25th St. S | Fargo | (701) 241-1353

## **OAK GROVE PARK**

170 Maple St. N | Fargo | (701) 241-1353

## **OSGOOD PARK**

5400 44th Ave. S | Fargo | (701) 241-1353

## **OXBOW PARK**

1650 Elm St. N | Fargo | (701) 241-1353

## **POINTE WEST PARK**

3331 42nd St. W | Fargo | (701) 241-1353

## **PONTE'S PARK**

1533 River Rd. S | Fargo | (701) 241-1353

## **QUEENS PARK**

3201 20th St. S | Moorhead | (218) 299-5340

## **RABANUS PARK**

4315 18th Ave. SW | Fargo | (701) 241-1353

## **RIDGEWOOD PARK**

3101 Ridgewood Blvd. | Moorhead | (218) 299-5340

## **RIVER OAKS PARK**

100 River Oaks Point | Moorhead | (218) 299-5340

## **RIVERSIDE GARDENS**

345 2nd St. N | Fargo | (701) 241-1353

## **RIVERVIEW ESTATES PARK**

3801 5th St. S | Moorhead | (218) 299-5340

## **RIVERWOOD PARK**

4701 Co. Rd. 31 N | Fargo | (701) 241-1353

## **ROBERT A. FOGEL RIPARIAN FOREST**

50th Ave. S | Moorhead | (218) 299-5340

## **ROMKEY PARK**

900 19th St. S | Moorhead | (218) 299-5340

## **ROOSEVELT PARK**

1220 9th St. N | Fargo | (701) 241-1353

## **SILVERLEAF PARK**

5755 27th St. S | Fargo | (701) 241-1353

# Parks & Recreation

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## **SOUTH PARK**

2102 14th St. S | Moorhead | (218) 299-5340

## **SOUTH POINT 2ND PARK**

35th Ave. & 20th St. S | Fargo | (701) 241-1353

## **STATUE OF LIBERTY PARK**

100 Main Ave. | Fargo | (701) 241-1353

## **STONEBRIDGE #1 PARK**

3711 25th St. S | Fargo | (701) 241-1353

## **STONEBRIDGE #2 PARK**

3700 32nd St. S | Fargo | (701) 241-1353

## **TEAMSTERS PARK**

1900 1st Ave. S | Fargo | (701) 241-1353

## **THARALADSON BASEBALL PARK**

2401 42nd St. SW | Fargo | (701) 241-1353

## **THE MEADOWS PARK**

3303 11th Ave. S | Moorhead | (218) 299-5340

## **TIMBERLINE PARK**

3127 46th Ave. S | Fargo | (701) 241-1353

## **TOWNSITE PARK**

311 10th St. S | Moorhead | (218) 299-5340

## **TREFOIL PARK**

1321 Elm St. N | Fargo | (701) 241-1353

## **TROLLWOOD PARK**

3664 Elm St. N | Fargo | (701) 241-1353

## **UNICORN PARK**

1603 3rd Ave. N | Fargo | (701) 241-1353

## **VA HOSPITAL PARK**

1805 Elm St. N | Fargo | (701) 241-1353

## **VIKING SHIP PARK**

202 1st Ave. N | Moorhead | (218) 299-5340

## **VILLAGE GREEN EAST**

75 Village Green Dr. | Moorhead | (218) 299-5340

## **VILLAGE GREEN PARK**

2600 Village Green Blvd. | Moorhead | (218) 299-5340

## **VILLAGE GREEN SIXTH**

3050 38th Ave. S | Moorhead | (218) 299-5340

## **VIOLA EID PARK**

901 47th St. S | Fargo | (701) 241-1353

## **VISTA PARK**

3750 37th Ave. S | Fargo | (701) 241-1353

## **VOLL PARK**

2600 Fairway Dr. N | Moorhead | (218) 299-5340

## **WESTGATE PARK**

2700 Southgate Dr. SW | Fargo | (701) 241-1353

## **WILLOW PARK**

5001 16th Ave. S | Fargo | (701) 241-1353

## **WOODBURY PARK**

3501 23rd Ave. SW | Fargo | (701) 241-1353

## **WOODHAVEN NORTH PARK**

4406 44th Ave. S | Fargo | (701) 241-1353

## **WOODHAVEN SOUTH PARK**

4802 Woodhaven Dr. S | Fargo | (701) 241-1353

## **WOODLAWN PARK**

400 Woodlawn Dr. | Moorhead | (218) 299-5340

## **YUNKER FARM & DOG PARK**

1201 28th Ave. N | Fargo | (701) 241-1353

# North Dakota Hunting Seasons

For general information on firearm safety training call 1 (888) 646-6367 or (701) 328-6615.

Contact the North Dakota Game & Fish Department for specific zone areas:

Online: [www.gf.nd.gov](http://www.gf.nd.gov), By Phone: (701) 328-6300.

## BIGHORN SHEEP

10/21/11 - 11/03/11  
(Archery) 10/14/11 - 11/03/11

## DEER\*

(Archery) 09/02/11 - 01/01/12  
(Special Herd Reduction SW) 09/23/11 - 10/07/11  
(Firearm) 11/04/11 - 11/20/11 s  
(Muzzleloader) 11/25/11 - 12/11/11  
(Youth) 09/16/11 - 09/25/11  
(Antlerless) 09/16/11 - 09/25/11

## ELK\*

10/07/11 - 10/31/11; 11/25/11 - 12/11/11  
(Archery) 09/02/11 - 09/25/11  
(Antlerless) 08/12/11 - 09/30/11  
(September) 09/02/11 - 09/30/11  
(October) 10/07/11 - 10/31/11  
(Extended) 11/04/11 - 12/31/11

## PRONGHORN\*

(Archery) 09/04/11 - 10/04/11  
(Firearm) 10/02/11 - 10/18/11

## MOOSE\*

09/02/11 - 09/25/11; 10/07/11 - 10/30/11;  
11/18/11 - 12/11/11  
(Archery) 09/02/11 - 09/25/11

## SKUNK, RABBIT, GOPHER & PORCUPINE

Open year round.

## COYOTE & FOX\*

11/19/11 - 03/1/12

## MOUNTAIN LION\*

(Archery) 09/02/11 - 03/31/12  
(With Hounds) 12/01/11 - 03/31/12

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## CROW

03/12/11 - 04/24/11; 08/13/11 - 10/23/11

## EARLY CANADA GOOSE\*

08/15/11 - 09/15/11  
(Missouri River Zone) 08/15/11 - 09/07/11

## YOUTH WATERFOWL\*

09/17/11 - 09/18/11

## DUCKS\*

(ND Residents) 09/24/11 - 10/01/11

## DOVE\*

09/01/11 - 10/30/11

## SHARPTAIL, HUN, RUFFED GROUSE & TREE SQUIRREL\*

09/10/11 - 01/01/12

## SANDHILL CRANE\*

09/17/11 - 11/13/11; 09/17/11 - 10/23/11

## SNIPE\*

09/17/11 - 12/04/11

## YOUTH PHEASANT\*

10/08/11 - 01/01/12

## WOODCOCK\*

09/17/11 - 10/31/11

## TURKEY\*

10/08/11 - 01/08/12

\*Contact the ND GFD for specific zone and season information by calling: 1 (888) 646-6367.

# Minnesota Hunting Seasons

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

Contact the Minnesota Department of Natural Resources for specific zone areas:

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

## RABBIT & SQUIRREL

09/18/10 - 02/28/11; 09/17/11 - 02/28/12

## GRAY & RED FOX

10/23/10 - 03/15/11; 10/22/11 - 03/15/12

## BADGER, OPOSSUM & RACCOON

10/23/10 - 03/15/11; 10/22/11 - 03/15/12

## GOOSE\*

(Spring Light Goose) 03/01/11 - 04/30/11  
(Early Canada Goose) 09/03/11 - 09/22/11

## CROW

03/01/11 - 03/31/11; 07/15/11 - 10/15/11

## BEAR

09/01/11 - 10/16/11

## MOURNING DOVE

09/01/11 - 10/30/11

## SNIPE & RAIL

09/01/11 - 11/07/11

## DEER\*

(Archery) 09/17/11 - 12/31/11  
(Camp Ripley Archery) 10/20/11 - 10/21/11;  
10/29/11 - 10/30/11  
(Firearm) 11/05/11 - 11/27/11  
(Muzzleloader) 11/26/11 - 12/11/11

## SHARPTAILED GROUSE

09/17/11 - 11/30/11

## GROUSE & GRAY PARTRIDGE

09/17/11 - 01/01/12

## WOODCOCK

09/24/11 - 11/07/11

## MOOSE\*

(Northeast Zone) 10/01/11 - 10/16/11

## TURKEY\*

10/01/11 - 10/30/11

## PHEASANT

10/15/11 - 01/01/12

## PRAIRIE CHICKEN

10/22/11 - 10/26/11

## PRAIRIE & PINE MARTEN

11/26/11 - 12/04/11

## BEAVER (FURBEARER TRAPPING)

(North Zone) 10/23/10 - 02/28/11;  
10/22/11 - 04/30/12  
(South Zone) 10/30/10 - 02/28/11;  
10/29/11 - 04/30/12

## MINK & MUSKRAT (FURBEARER TRAPPING)

(North Zone) 10/22/10 - 02/28/11;  
10/22/11 - 04/30/12  
(South Zone) 10/30/10 - 02/28/11;  
10/29/11 - 02/28/12

## OTTER (FURBEARER TRAPPING)

(North Zone) 10/22/11 - 01/07/12

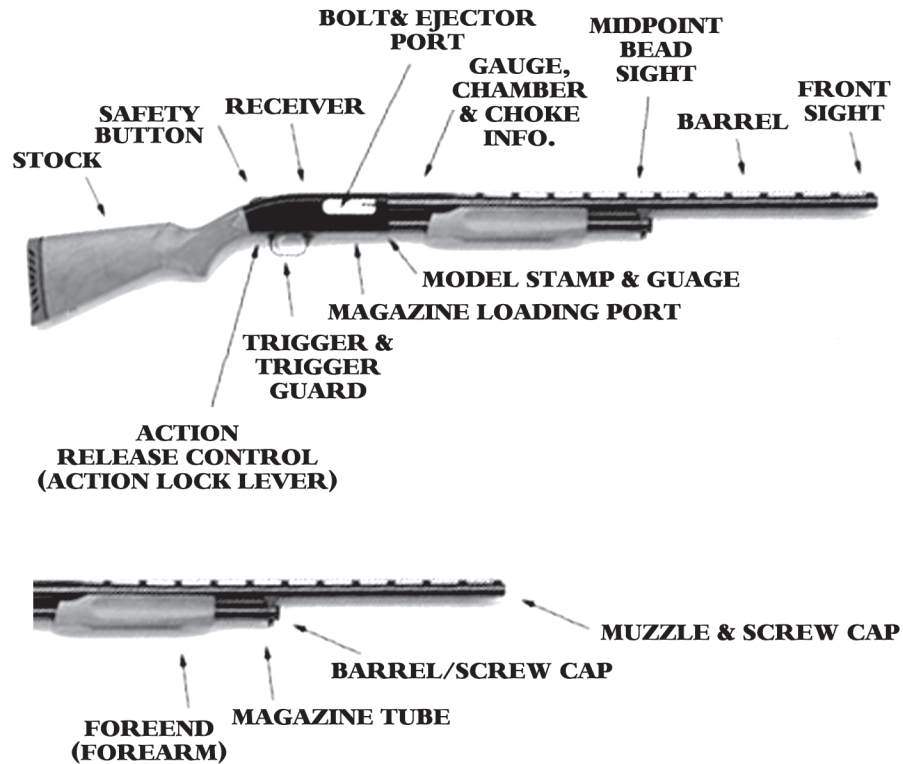
## BOBCAT (FURBEARER TRAPPING)

11/26/11 - 01/07/12

\*Contact the MN DNR for specific zone and season information by calling: 1 (888) 665-4236.

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# Hunting Safety



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

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

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

# Minnesota Fishing Seasons

## BOWFISHING

05/01/11 - 02/26/12; 05/01/10 - 02/27/11

## WALLEYE, SAUGER & NORTHERN PIKE

05/01/10 - 02/27/11; 05/15/10 - 02/27/11

## LARGEMOUTH BASS

05/15/10 - 02/27/11; 05/14/11 - 02/26/12

## SMALLMOUTH BASS

05/14/11 - 02/26/12  
(Catch & Release) 09/12/11 - 02/26/12

## LAKE TROUT

05/14/11 - 09/30/11  
(Lake Superior) 01/15/11 - 03/31/11  
(Boundary Waters) 01/01/11 - 03/31/11  
(Outside Boundary Waters) 01/15/11 - 03/31/11

## STREAM TROUT

(Southeast Zone) 04/01/11 - 04/13/11;  
04/16/11 - 09/14/11  
(All Zones) 01/15/11 - 03/31/11  
(All Zones Except Southeast Zone) 04/16/11 - 09/30/11

## MUSKELLUNGE

06/05/11 - 12/01/11

## TAKE-A-KID FISHING WEEKEND













02/19/11 - 02/21/11; 06/10/11 - 06/12/11

## TAKE-A-MOM FISHING WEEKEND

05/07/11 - 05/08/11

*\*Contact the MN DNR for specific zone information by calling: 1 (888) 665-4236.*

# Common Fish Species

 Bass	 Crappie	 Smelt
 Catfish	 Muskellunge	 Sunfish
 Carp	 Northern Pike	 Trout
 Cisco-Tullibee-Herring	 Salmon	 Walleye



# Boating Safety

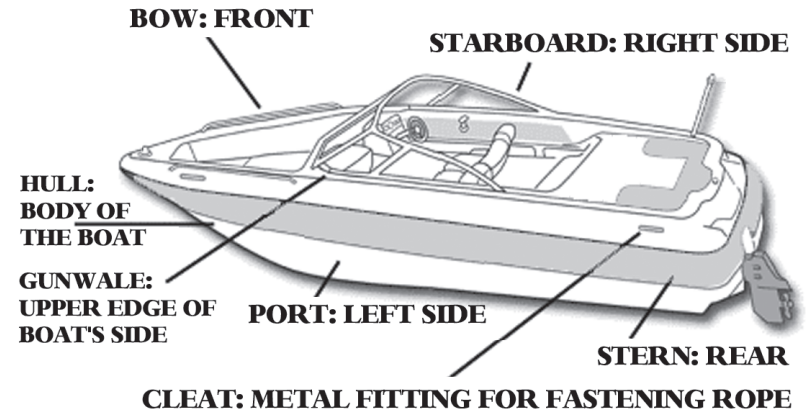
## Operating Watercraft

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

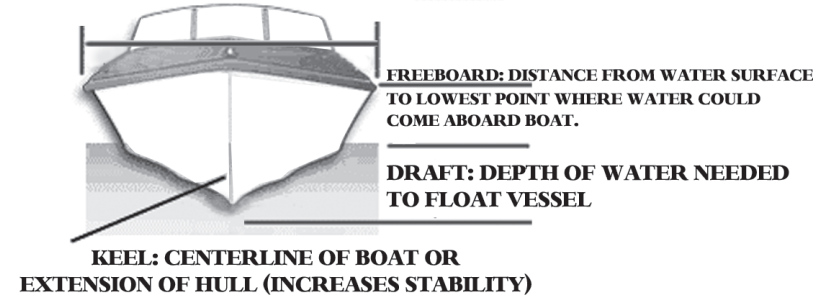
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone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

# Boating Safety

## Know Your Craft



**BEAM: MAXIMUM WIDTH OF BOAT**



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

### For engines 25 horsepower or less:

Those under age 12 may operate without restrictions.

### For engines over 25 horsepower through 75 horsepower:

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

### For engines over 75 horsepower:

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

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

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

### For engines over 25 horsepower:

Operators 12 to 17 years of age must have:

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

# Boating Safety

## Flotation Devices



### **Offshore Life Jackets - Type 1:**

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



### **Near-Shore Vests - Type 2:**

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



### **Flotation Aids - Type 3:**

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



### **Unwearable / Throwable Devices - Type 4:**

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



### **Special Use - Type 5:**

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

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

**All devices must** be in good condition and easily accessible.

**Children under age 10 must wear a device** when on board a boat that is underway unless: in an enclosed cabin or below deck or on an anchored boat that is being used for swimming or diving or passenger craft with a licensed captain.

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

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

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

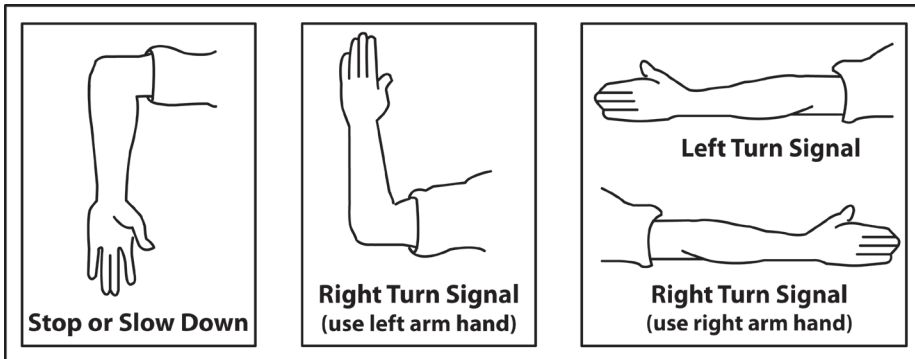


## Improving Lakes, Rivers & Streams

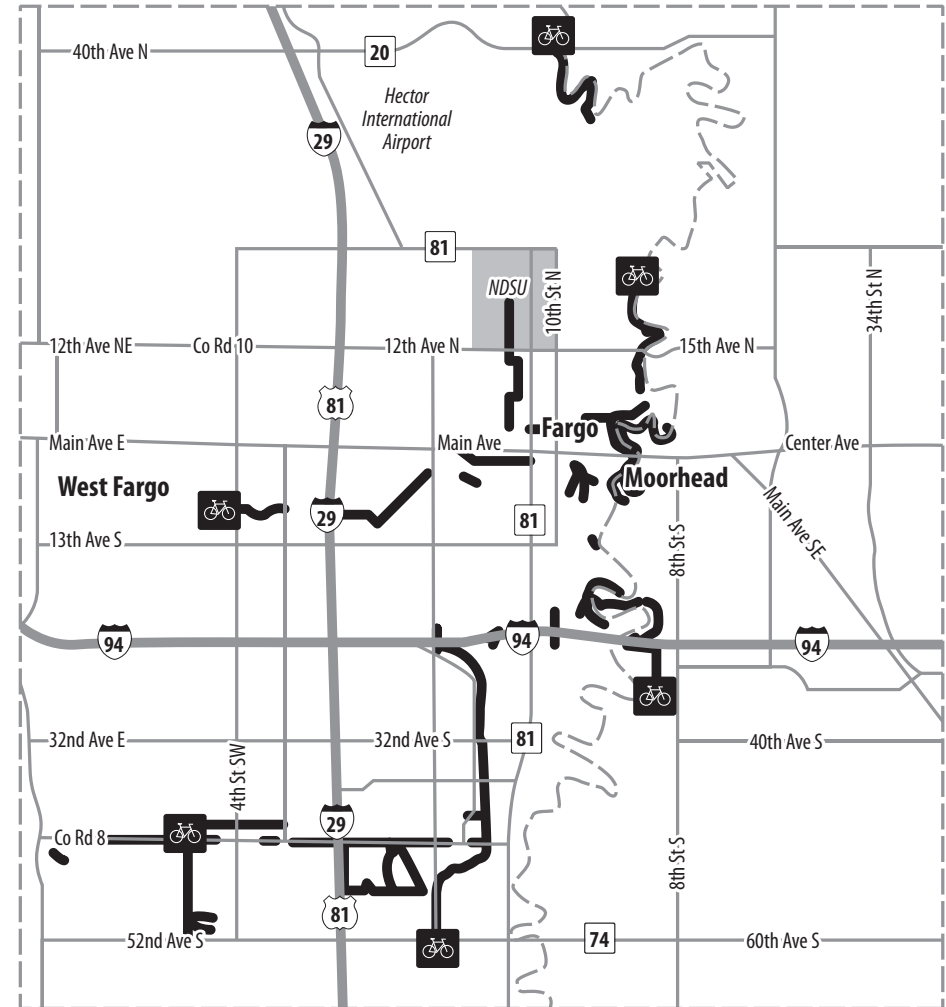
- Use phosphorus-free fertilizers to help control algae growth. Phosphorus helps to feed algae. Excessive algae makes swimming and fishing unpleasant, and stresses fish and wildlife.
- Bag your lawn clippings or use them for compost. Grass and leaves also contain phosphorus which promote algae growth. Trimmings that end up in streets end up polluting lakes and streams.
- Utilize rain barrels for gardening to help reduce runoff, as runoff transports pollutants to lakes and streams.
- Pick up after your pets, as their waste causes algae growth and has bacteria.
- Use alternative methods for controlling pests and weeds, or limit your chemical use to the minimum amount required.
- Maintain your lawn by seeding bare patches, aerating and allowing your grass to grow between 2½-3 inches to prevent soil erosion and promote strong roots.
- Swap your lawn for native plants, as native plants have deeper roots which prevent soil erosion.
- Be aware of what you put down drains and toilets. Oils, paints and hazardous chemicals should never be flushed. Hazardous waste should be disposed of in the proper manner.
- Utilize environmentally friendly household products, such as dishwashing soap and laundry detergent.
- Conserve water by turning it off when not needed, as it reduces the amount of water that needs to be treated for consumption.
- Utilize porous pavers for walkways and driveways to lower the amount of water runoff.

# 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.



# Local Area Bicycle Trails



	Quality Workmanship Completed On Time	FREE ESTIMATES
	Commercial • Residential	20 YEARS EXPERIENCE
	Flatwork • Walls • Footings • Curb Gutter • Parking Lots • Driveways Stamped Concrete • Aggregate (Exposed)	FARGO, NORTH DAKOTA
		<b>701-633-5654</b>
		Fax 701-633-5655
		Toll Free 1-888-857-8588

# ATV Safety

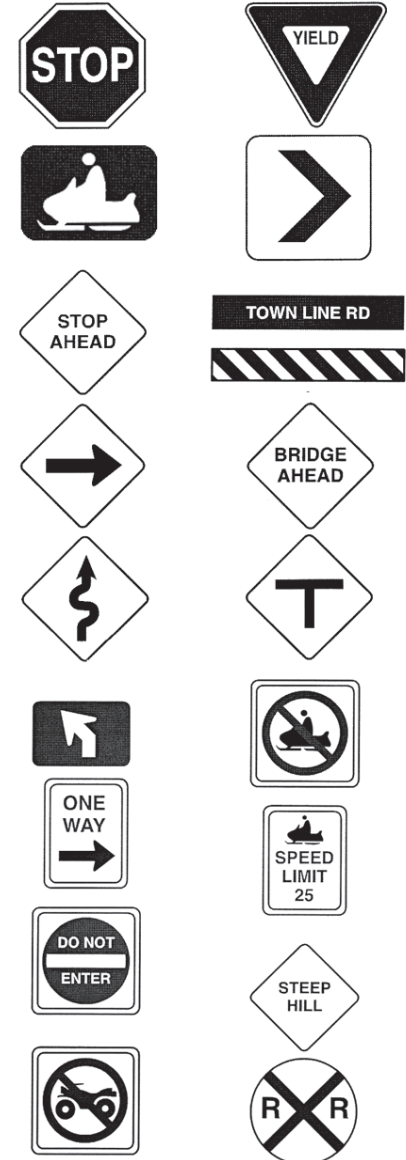
- Read the owner's manual and know your vehicle thoroughly.
- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate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



# Snowmobile Safety

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

## Common Trail Signs

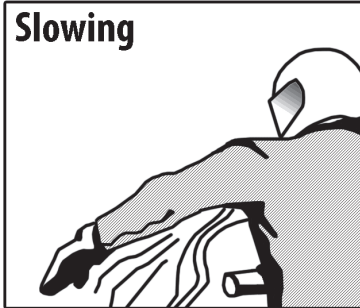




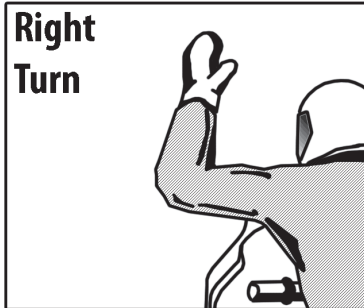
# Snowmobile Safety

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

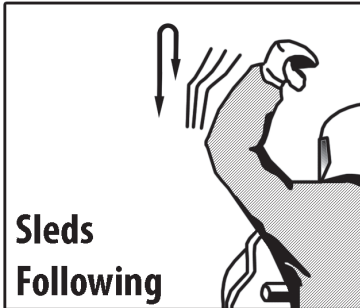
Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



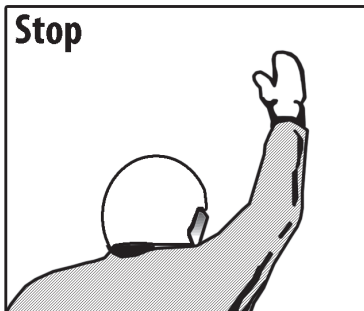
**Slowing**



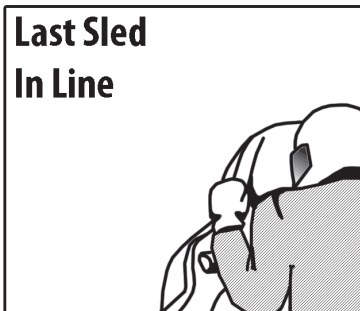
**Right Turn**



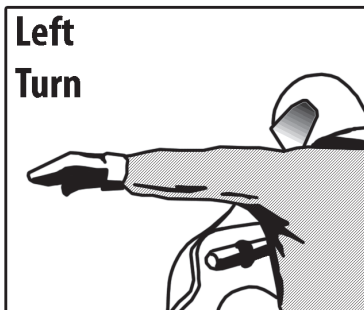
**Sleds Following**



**Stop**



**Last Sled In Line**

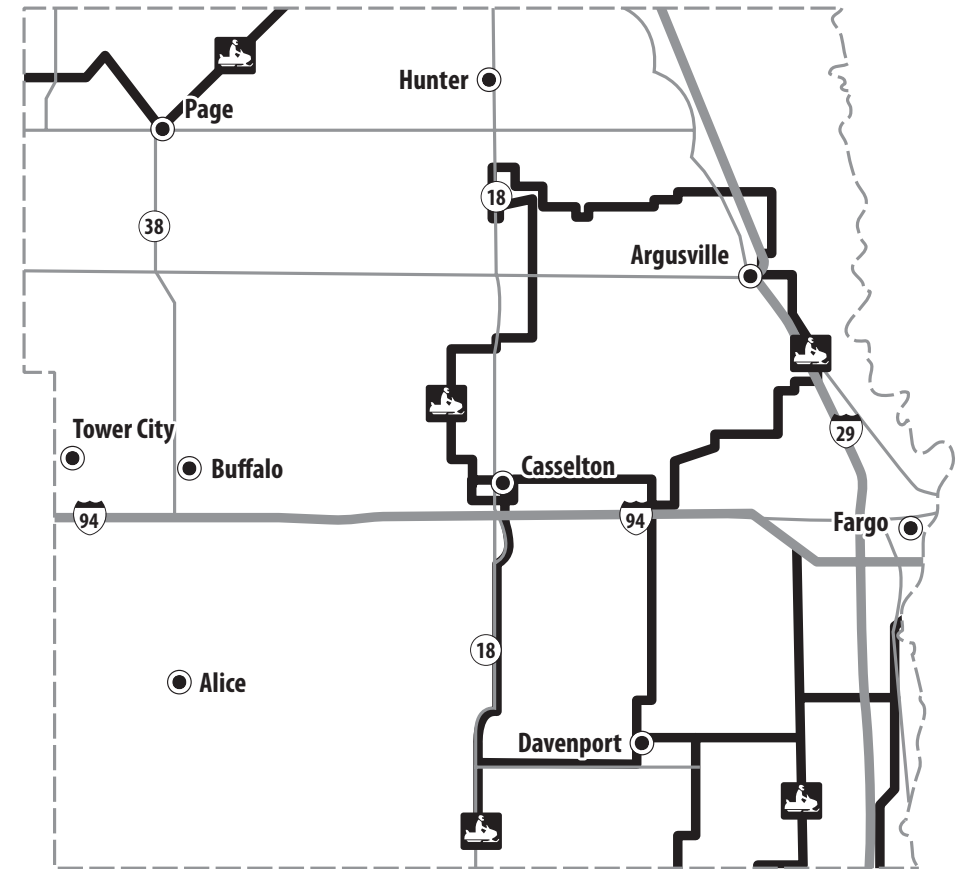


**Left Turn**



**Oncoming Sleds**

# Cass County, ND Snowmobile Trails



**Precision Steel Builders**

*"We Stand Behind Our Workmanship"*

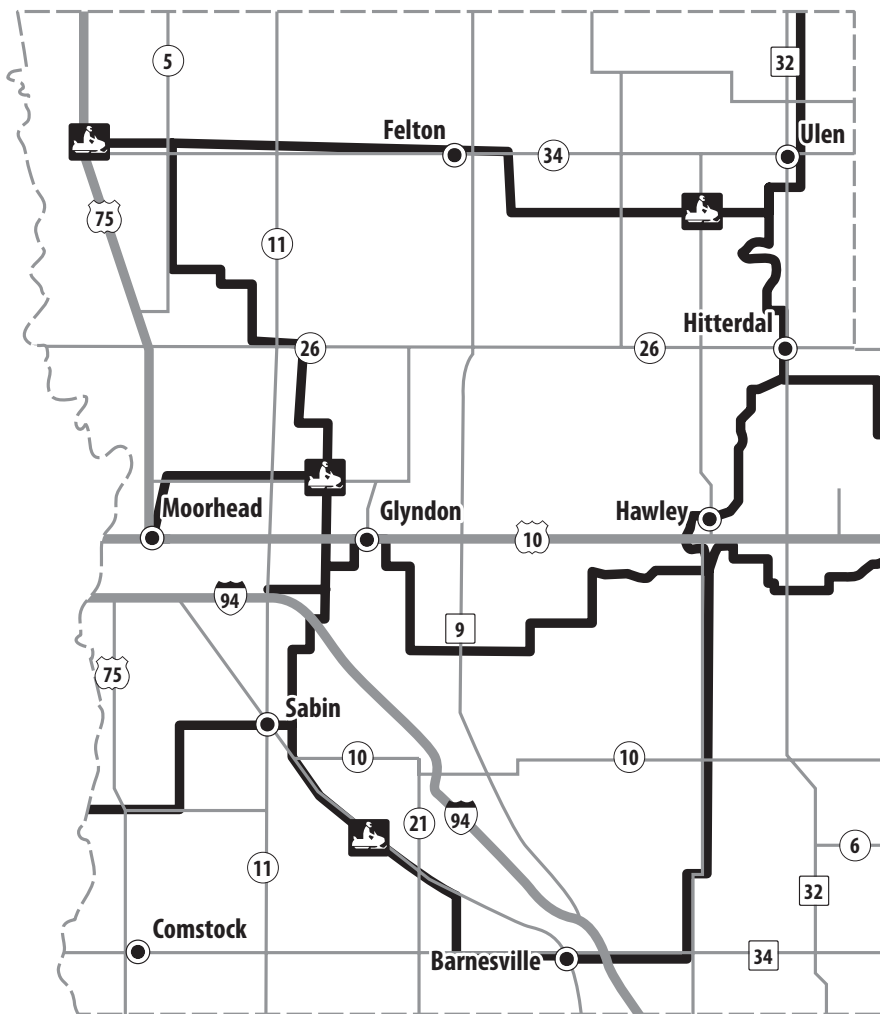
**Over 30 Years  
Of Combined  
Quality Workmanship**

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- Airport Hangers • Agriculture

Licensed • Insured • Bonded • Free Estimates  
Serving Minnesota, North Dakota & South Dakota

701-261-7608

# Clay County, MN Snowmobile Trails



## 2011 Minnesota Vikings Schedule

### SEPTEMBER

Sunday 09/11/11	@ San Diego Chargers	3:15PM CST
Sunday 09/18/11	vs. Tampa Bay Buccaneers	12:00PM CST
Sunday 09/25/11	vs. Detroit Lions	12:00PM CST

### OCTOBER

Sunday 10/02/11	@ Kansas City Chiefs	12:00PM CST
Sunday 10/09/11	vs. Arizona Cardinals	12:00PM CST
Sunday 10/16/11	@ Chicago Bears	7:20PM CST
Sunday 10/23/11	vs. Green Bay Packers	7:30PM CST
Sunday 10/30/11	@ Carolina Panthers	12:00PM CST

### NOVEMBER

Monday 11/14/11	@ Green Bay Packers	7:30PM CST
Sunday 11/20/11	vs. Oakland Raiders	12:00PM CST
Sunday 11/27/11	@ Atlanta Falcons	12:00PM CST

### DECEMBER

Sunday 12/04/11	vs. Denver Broncos	3:05PM CST
Sunday 12/11/11	@ Detroit Lions	12:00PM CST
Sunday 12/18/11	vs. New Orleans Saints	12:00PM CST
Saturday 12/24/11	@ Washington Redskins	12:00PM CST

### JANUARY

Sunday 01/01/12	vs. Chicago Bears	12:00PM CST
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# Emergency Planning

## ESCAPE ROUTES

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

## FLASHLIGHTS

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

## FULLY CHARGED CELL PHONES

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

## LIST OF VALUABLES

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

## COMMUNITY EMERGENCY PLANS

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



## THUNDERSTORM/TORNADO

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



## FIRES

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

# ⊕ Emergency First-Aid Tips ⊕

## FIRST AID FOR CPR & HEART ATTACK

### CPR

CPR is to be administered when a person is not breathing or has no pulse. Be quick to act by remembering the A,B,C's: Airway, Breathing & Circulation.

#### Airway:

Place the person on a firm surface, on their back. Kneel next to the person's neck and shoulders. Open the person's airway by tilting back the head and lifting the chin.

#### Breathing:

With the head tilted and chin lifted, pinch the nostrils shut and cover the person's mouth with yours. Give two slow breaths.

#### Circulation:

Find the hand position on the center of the breastbone. Place the heel of your hand on that position, with your other hand on top of the first hand. Use your upper body weight to push down. Give two compressions per second. Compress the chest at a rate equal to 100/minute. Perform 30 compressions at this rate. Repeat until an ambulance arrives.

### HEART ATTACK

Symptoms of a heart attack may include any of the following:

- Uncomfortable pressure, fullness or squeezing pain in the center of the chest.
- Expanded pain in the upper abdomen.
- Shortness of breath.
- Pain or numbness in either arms, shoulders, neck, jaw or teeth.
- Dizziness or fainting.
- Nausea and sweating.

**If you or someone else may be having a heart attack - follow these steps immediately:**

- **DIAL 911**
- **Chew and swallow Aspirin (unless you are allergic/not allowed to)**
- **Take Nitroglycerin (only if prescribed)**
- **Begin CPR if the person is unconscious**

**IN AN EMERGENCY, DIAL 911**

# ⊕ *Emergency First-Aid Tips* ⊕

## *FIRST AID FOR BURNS & CHOKING*

### **BURNS**

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

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

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

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

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

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

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

***DO NOT remove burnt clothing.***

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

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

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

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

### **CHOKING**

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

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

***IN AN EMERGENCY, DIAL 911***

# ⊕ *Emergency First-Aid Tips* ⊕

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

### **INSECT BITES/ANAPHYLAXIS**

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

#### **CALL 911.**

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

#### **Loosen tight clothing.**

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

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

### **POISON PREVENTION**

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

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

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

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

***IN AN EMERGENCY, DIAL 911***

# Safety Tips for Parents & For Kids

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## 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 ask 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.

# Emergency Numbers For Kids

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

MY ADDRESS: \_\_\_\_\_

\_\_\_\_\_

MY PHONE NUMBER: \_\_\_\_\_

MOM AT WORK: \_\_\_\_\_

MOM CELL PHONE: \_\_\_\_\_

DAD AT WORK: \_\_\_\_\_

DAD CELL PHONE: \_\_\_\_\_

NEIGHBOR: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

POISON CONTROL: 1-800-222-1222

**EMERGENCY DIAL**

**911**

# 2011 CALENDAR

JANUARY							FEBRUARY							MARCH							APRIL							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
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30	31																											

MAY							JUNE							JULY							AUGUST								
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER											
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# 2012 CALENDAR

JANUARY							FEBRUARY							MARCH							APRIL								
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MAY							JUNE							JULY							AUGUST						
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13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
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30														30	31																			

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