

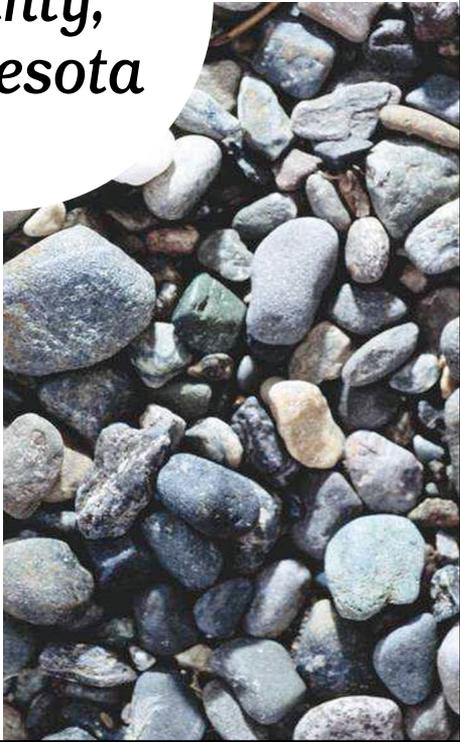
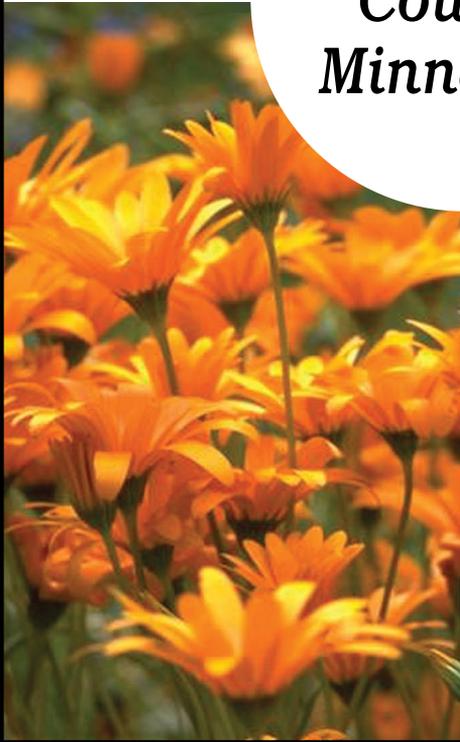


FREE RESIDENT GUIDE

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



**Olmsted
County,
Minnesota**



Because life is a journey...
not a destination.



You deserve the best in assistance with basic needs. **Shalom Estates & Plummer Place** provide **Assisted Living Services** in a homelike setting and friendly atmosphere.

Services:

- Home cooked meals
- Laundry and housekeeping
- Bathing and personal cares
- Medication setup • 24/7 staffing
- 24/7 on call Registered Nurse
- Transportation to and from doctor appointments (upon request)
- Some Insurances Accepted

We offer:

- Own room • Three Bathrooms • Patio
- Quiet and Friendly neighborhood • Backyard with trees and flowers
- Handicap accessible via ramp • Activities & more...

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*Shalom Estates
&
Plummer Place*

Shalom Estates - 2070 Century Hills Dr. NE, Rochester, MN 55906

Contact Shalom Estates: 507-281-9700

Plummer Place - 1050 Plummer Circle, Rochester, MN 55902

Contact Plummer Place: 507-424-3384

www.shalomestates.net

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Hometown Fresh
To Your Table
507-281-4554



www.cub.com

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At TPR Services Unlimited, we handle all kinds of projects from:

- Junk Removal to Bathroom Remodeling
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- Deck Building • Full Exterior Remodeling
- Retaining Walls • Fencing • Siding • Roofing
- Windows • Floors • All Home Remodeling

www.TPRServicesUnlimited.com

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Call Tim at 507.696.7524

Free
Estimates



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2013

January

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Local Area Events

JANUARY

Chatfield Chillfest
Martin Luther King Breakfast | Rochester

FEBRUARY

Winterfest | Rochester
Rochester on Tour at the Capitol

MARCH

Stewartville Home Show

APRIL

World Festival | Rochester
City Wide Garage Sales | Pine Island

MAY

Memorial Day Program | Chatfield
Legion Fish Fry | Eyota
City Wide Garage Sales | Eyota & Stewartville
Downtown Oronoco Gold Rush
Taste of Italy | Stewartville
Victory Junction Tournament | Stewartville
Memorial Day Parade | Stewartville
Evergreen Cemetery Breakfast | Dover

JUNE

Pine Island Cheese Festival
Rochesterfest
Palette to Palate | Rochester
Sloan Award Ceremony | Rochester
Summerfest | Stewartville

JULY

Eyota Days
Good Neighbor Days | Byron

Western Days | Chatfield
4th of July Celebration | Oronoco
Independence Day | Rochester
St. John's Block Party | Rochester
Chamber Golf Outing | Rochester

AUGUST

Rubber Ducky Race | Dover
Prairie Fire Children's Theatre | Eyota
Downtown Oronoco Goldrush Days
Olmsted County Fair | Rochester
Days of Yesteryear | Rochester
Olmsted County Gold Rush | Rochester
Home Art Tour | Rochester
Rochester Greek Fest
Good Neighbor Picnic | Stewartville

SEPTEMBER

Labor Day Celebration | Rochester
Olmsted County Gold Rush | Rochester
Quarry Hill Fall Festival | Rochester

OCTOBER

Fire Department Breakfast | Stewartville

NOVEMBER

Mayowood Mansion Christmas Tour | Rochester
ARTINI | Rochester
Polka Party | Rochester
Festival of Trees | Rochester

DECEMBER

Holiday Reception | Dover
Festival of Lights | Rochester
Christmas Lighting Contest | Stewartville

Residential Services

Administration.....	(507)328-6001
Assessor.....	285-8124
Child Support	328-6500
Community Corrections	328-7200
Community Services	328-6350
County Attorney	328-7600
Emergency Management	285-8103
Environmental Resource Services	328-6723
Extension.....	(800)854-1678
Finance.....	328-7679
Garbage & Recycling	328-7077
Human Resources	328-6002
Planning Department.....	328-7100
Property Records	328-7670
Public Health Services	328-7500
Public Works	328-7070
Sheriff.....	328-6800
Veterans Services	328-6355
Vital Records	328-7660



533-0117

Dine-in, Pick-up & Delivery

Buffet Hours:
Lunch: 11 am - 1:30 pm Mon. - Fri.
Dinner 4:30 pm - 8 pm Mon. - Fri.
11 am - 8 pm Sat. & Sun.

Hours:
Sunday - Thursday: 10 am - 9 pm
Friday - Saturday: 10 am - 10 pm

We Deliver
Noon & Evening Buffet
1580 Second Ave. NW
Stewartville, MN 55976
533-0117



Olmsted County History (Rochester, County Seat)

Originally home to Ojibway, Winnebago and Dakota Sioux Indians, Olmsted County was opened for settlement in 1853 after a treaty was signed. Townships were organized in 1854 and the county was named in honor of David Olmsted, the first mayor of St. Paul. Lush prairies, fertile soil, and ample natural resources brought settlers to the area and the arrival of the railroad sparked dramatic growth. Rochester was selected as the county seat and the area continued to develop. After a devastating tornado swept through the region in 1883, Dr. William Worrall Mayo along with the Sisters of St. Francis established the first hospital in the area which has since become one of the most well respected medical centers worldwide. By 1950 the population of Olmsted County had doubled to 48,228 residents and diversified industry aided to its growth. Today Olmsted County is home to approximately 143,962 residents.

CITIES:

BYRON – pop. 4,550

CHATFIELD – pop. 2,518

DOVER – pop. 637

EYOTA – pop. 1,765

ORONOCO – pop. 949

PINE ISLAND – pop. 3,326

ROCHESTER (COUNTY SEAT) – pop. 100,413

STEWARTVILLE – pop. 5,553

TOWNSHIPS:

CASCADE – pop. 2,944

DOVER – pop. 724

ELMIRA – pop. 400

FARMINGTON – pop. 512

HAVERHILL – pop. 1,088

HIGH FOREST – pop. 4,550

KALMAR – pop. 1,194

MARION – pop. 6,165

NEW HAVEN – pop. 1,313

ORION – pop. 643

ORONOCO – pop. 2,444

PLEASANT GROVE – pop. 833

QUINCY – pop. 600

ROCHESTER – pop. 2,351

ROCK DELL – pop. 686

SALEM – pop. 1,130

VIOLA – pop. 794

**Populations are approximate.*

Olmsted County Communities

BYRON

The first settlers arrived to the Byron area in 1854 and as the railroad was constructed in 1856, the area began to develop. Streets were platted in 1864 and the community was named by S.W. VanDusen who was a landowner and businessman. VanDusen suggested Byron after Byron, New York, his birthplace and the area quickly grew. Early businesses included general stores, bank, saloon, hotel and specialty shops. Today Byron is home to approximately 4,550 residents.

CHATFIELD

Settled in 1853 by Thomas Twiford, the community was named in honor of Judge Andrew Gould Chatfield, an associate justice of the supreme court of the Minnesota Territory. The community was platted in 1854 and incorporated in 1857. Chatfield was originally selected as the county seat until it was moved to Rochester. By 1900 Chatfield housed a sawmill, hotel, newspaper office, and a variety of manufacturing centers. Today Chatfield is home to approximately 2,518 residents.

DOVER

Dover was originally known as Dover Center due to its central location in its township and its name was derived from Dover, New Hampshire, where many settlers originated. The community was organized in 1859 as pioneers arrived seeking fertile farmland and ample timber. Streets were platted in 1869 and as the railroad arrived, the area continued to develop. Dover was incorporated in 1908 and in 2008 residents celebrated its centennial celebration. Today Dover is home to approximately 637 residents.

EYOTA

First known as Springfield, Eyota was organized in 1858. The name Eyota was derived from a Dakota Indian word meaning, “superior or highest.” The community began as a railway village and was platted in 1864. Dover developed quickly as it was a stopping place for travelers and shipping point for goods in the area. In 1875 the community was incorporated and by 1900 its population had reached 400. Today Eyota is home to approximately 1,765 residents.

ORONOCO

Oronoco was founded in 1854 and named after the Oronoco River in South America. The “Oronoco Courier,” published in 1856, was the first newspaper in Olmsted County. The area was organized in 1858 as settlers arrived to establish homes and pan for gold. Businesses including a hotel, grist mill, sawmill and general store were founded to meet the growing needs of the community and the area continued to thrive. Today Oronoco is home to approximately 949 residents.

Olmsted County Communities

PINE ISLAND

Located in Goodhue and Olmsted Counties, Pine Island was surveyed and platted in 1856. Settlers were attracted to the land that was ideal for agricultural plots and farm land. Early on Pine Island was known for being one of the better cheese and butter producers in Minnesota. At one point there was more than 40 dairy producers in the area. Pine Island's population grew steadily as the railroads expanded and after Highway 52 was established in 1921. Today Pine Island is home to approximately 3,326 residents.

ROCHESTER (COUNTY SEAT)

In 1854 the first permanent residence in the area was built by William Head and soon settlers arrived to stake land claims. Head named the settlement after his hometown of Rochester, New York, and assisted with the layout of the community. Rochester's proximity to the Dubuque Trail attracted many travelers and the area began to develop dramatically upon the arrival of the railroad in 1864. The community was selected as the county seat and early industry was dominated by agriculture as goods were easily transported. A variety of businesses were established including manufacturing shops, mills, food processing factories and many specialty shops. A devastating tornado hit the area in 1883 and Rochester was nearly destroyed. With efforts from Dr. William Worrall Mayo and fellow members of the community, homes were rebuilt and businesses re-established. A hospital was constructed and Rochester became world renown for its exceptional health care which attracted many new residents. Construction of an airport in 1928 allowed for the continued growth of the community and Rochester has now grown to be one of the leading medical centers in the world. Today Rochester is home to approximately 100,413 residents.

STEWARTVILLE

Located in High Forest Township, Stewartville was first settled in 1857. The community was named in honor of Charles Stewart, a local resident who established a mill and assisted with surveying the area. Streets were platted in 1891 and the area grew dramatically due to its proximity to Lake Florence and Rochester. Stewartville is widely known as the birthplace of Richard Sears, the founder of Sears, Roebuck and Company. Today Stewartville is home to approximately 5,553 residents.

Parks & Recreation

CARLEY STATE PARK

Plainview | (507) 932-3007

Located on 209 acres near Plainview, Carley State Park features nature trails, fishing opportunities, and picnic and camping areas.

CHESTER WOODS PARK

Eyota | (507) 285-7050

Located near Bear Creek, Chester Woods Park features a campground, handicapped accessible fishing pier, fish cleaning house, swimming beach, scenic overlook, picnic shelters, canoe and paddleboat rentals and recreational trails. A daily or annual park pass is required for all vehicles entering the park.

DOUGLAS TRAIL

Pine Island | (507) 356-4591

The Douglas Trail extends 13 miles from Pine Island to Northwest Rochester. The trail offers, hiking, biking, horseback riding, snowmobiling and cross-country skiing.

GRAHAM PARK

Rochester | (507) 328-7070

Located on 60 acres in Rochester, Graham Park features a campground, grand stand, picnic areas, park buildings for rentals, hockey arena and hosts the Olmsted County Fair annually.

GREAT RIVER BLUFFS STATE PARK

Winona | (507) 643-6849

Located in Winona, Great River Bluff State Park features recreational trails, a picnic area and plots for camping.

NERSTRAND-BIG WOODS STATE PARK

Nerstrand | (507) 333-4840

Located on 2,882 acres near Faribault, Nerstrand-Big Woods State Park features 11 miles of hiking and nature trails. Snowmobile and cross-country ski trails are open during the winter months. Other amenities include picnic areas, a visitor center and restroom facilities.

OXBOW COUNTY PARK

Byron | (507) 775-2451

Located in Byron, Oxbow County Park features hiking trails, snowmobile trails, cross-country ski trails, a campground, picnic areas, baseball fields, playground equipment, fishing opportunities, a nature center and the Zollman Zoo.

RICE LAKE STATE PARK

Owatonna | (507) 455-5871

Located 7 miles East of Owatonna, Rice Lake St. Park features excellent wildlife watching opportunities. The park also offers canoe areas and nature trails in the summer. Winter months offer snowmobile and cross-country skiing trails.

WHITewater STATE PARK

St. Charles | (507) 932-3007

Located on 2,700 acres in St. Charles, Whitewater State Park features excellent trout fishing, a swimming beach, visitor center, campsites and nature, hiking and biking trails.

Local Area Attractions

ALL-STAR BILLIARDS

4140 18th Ave. | Rochester | (877) 279-9097

BYRON LANES

501 Frontage Rd. | Byron | (507) 775-6000

CHATEAU THEATERS INC.

3450 E. Circle Dr. NE | Rochester | (507) 536-7469

CHOSEN VALLEY LANES

118 N Main St. | Chatfield | (507) 867-3080

CINEMAGIC STADIUM 12

2170 Superior Dr. NW | Rochester | (507) 280-0306

COLONIAL LANES

1828 NW 14th St. | Rochester | (507) 289-2341

EASTWOOD GOLF COURSE

3505 SE Eastwood Rd. | Rochester | (507) 281-6173

FEAST & FOOTLIGHTS DINNER THEATRE

220 Broadway | Rochester | (507) 288-4440

GOONIES COMEDY CLUB

7 SW 2nd St. | Rochester | (507) 288-8130

HERITAGE HOUSE

225 NW 1st Ave. | Rochester | (507) 286-9208

HISTORY CENTER OF OLMSTED COUNTY

1195 W Circle Dr. | Rochester | (507) 282-9447

HONORS CHOIR OF SOUTHEAST MINNESOTA

1001 14th St. | Rochester | (507) 252-0505

IT'S ABOUT TIME THEATER

618 NE 23rd St. | Rochester | (507) 280-8956

LEGION UNITY LANES

1148 Whitewater Ave. | St. Charles | (507) 932-5444

MAPLE VALLEY GOLF & COUNTRY

8600 SE Maple Valley Rd. | Rochester | (507) 285-9100

MASQUE YOUTH THEATRE & SCHOOL

14 SW 4th St. | Rochester | (507) 287-0704

MAYOWOOD MANSION

3720 SW Mayowood Rd. | Rochester | (507) 282-9447

NORTHERN HILLS GOLF COURSE

4721 W Circle Dr. NW | Rochester | (507) 281-6170

OAK SUMMIT GOLF COURSE

2751 Cty. Rd. 16 SW | Rochester | (507) 252-1808

OLDE PINE THEATRE

113 SW 2nd St. | Pine Island | (507) 356-4900

PINE ISLAND POOL & PINS

416 NE 3rd Ave. | Pine Island | (507) 356-4200

PLUMMER HOUSE

1091 SW Plummer Ln. | Rochester | (507) 281-6160

PRAIRIE WELLS CLIMBING GYM

4420 19th St. | Rochester | (507) 292-0511

QUARRY HILL NATURE CENTER

701 Silver Creek Rd. | Rochester | (507) 281-6114

REC LANES MINI GOLF

2810 N Broadway | Rochester | (507) 288-2602

ROCHESTER ART CENTER

40 SE Civic Center Dr. | Rochester | (507) 282-8629

ROCHESTER BALLOON COMPANY

664 Itasca Ct. | Rochester | (507) 282-2932

ROCHESTER CIVIC MUSIC

201 4th St. | Rochester | (507) 285-8076

Local Area Attractions

ROCHESTER CIVIC THEATRE

20 Civic Center Dr. SE | Rochester | (507) 282-8481

ROCHESTER GOLF & COUNTRY CLUB

3100 SW Country Club Rd. | Rochester | (507) 282-2708

ROCHESTER MUSTANGS

21 Elton Hills Dr. | Rochester | (507) 281-6167

ROCHESTER ORCHESTRA & CHORALE

301 Broadway | Rochester | (507) 286-8742

ROCHESTER RECREATION CENTER

21 NW Elton Hills Dr. | Rochester | (507) 281-6167

ROCHESTER REPERTORY THEATRE

103 NE 7th St. | Rochester | (507) 289-7800

ROCHESTER SYMPHONY ORCHESTRA

103 NE 7th St. | Rochester | (507) 286-8742

SKYLINE RACEWAY

2250 SW 40th St. | Rochester | (507) 287-6289

ST. CHARLES GOLF COURSE

1920 Park Rd. | St. Charles | (507) 932-5444

STEWARTVILLE BOWL & LOUNGE

101 NW 10th St. | Stewartville | (507) 533-8330

VERTIGO THEATRE FACTORY

1105 NE 7th Ave. | Rochester | (507) 285-7753

WEHRENBURG ROCHESTER GALAXY 14

4340 SE Maine Ave. | Rochester | (507) 529-1730

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ROCHESTER, MN 55901
(507) 281-8355

www.samsclub.com

Minnesota Hunting Seasons

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

Contact the MN DNR for specific zone areas:

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

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

HUNTING

RABBIT & SQUIRREL

09/14/13 - 02/28/14

GRAY & RED FOX, BADGER, OPOSSUM & RACCOON

(North) 10/19/13 - 03/13/14

(South) 10/19/13 - 03/15/14

GOOSE

(Early Canada Goose) 09/01/13 - 09/20/13

CROW

07/15/13 - 10/15/13

BEAR

09/01/13 - 10/13/13

MOURNING DOVE

09/01/13 - 10/30/13

SNIPE & RAIL

09/01/13 - 11/04/13

DEER

(Archery) 09/14/13 - 12/31/13

(Youth) 10/17/13 - 10/20/13

(Camp Ripley Archery) 10/17/13 - 10/18/13

(Firearm 2A & 3A) 11/09/13 - 11/17/13

(Firearm 1A) 11/09/13 - 11/24/13

(Firearm 3B) 11/23/13 - 12/01/13

(Muzzleloader) 11/30/13 - 12/15/13

SHARPTAILED GROUSE

09/14/13 - 11/30/13

HUNTING, CONTD.

GROUSE & GRAY PARTRIDGE

09/14/13 - 01/01/14

MOOSE

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

TURKEY

09/28/13 - 10/27/13

PHEASANT

10/12/13 - 01/01/14

PRAIRIE CHICKEN

10/19/13 - 10/23/13

FISHER & PINE MARTEN

11/30/13 - 12/05/13

FURBEARER TRAPPING

BEAVER

(North) 10/26/13 - 04/30/14

(South) 11/02/13 - 04/30/14

MINK & MUSKRAT

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

(South) 11/02/13 - 02/28/14

OTTER

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

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

BOBCAT

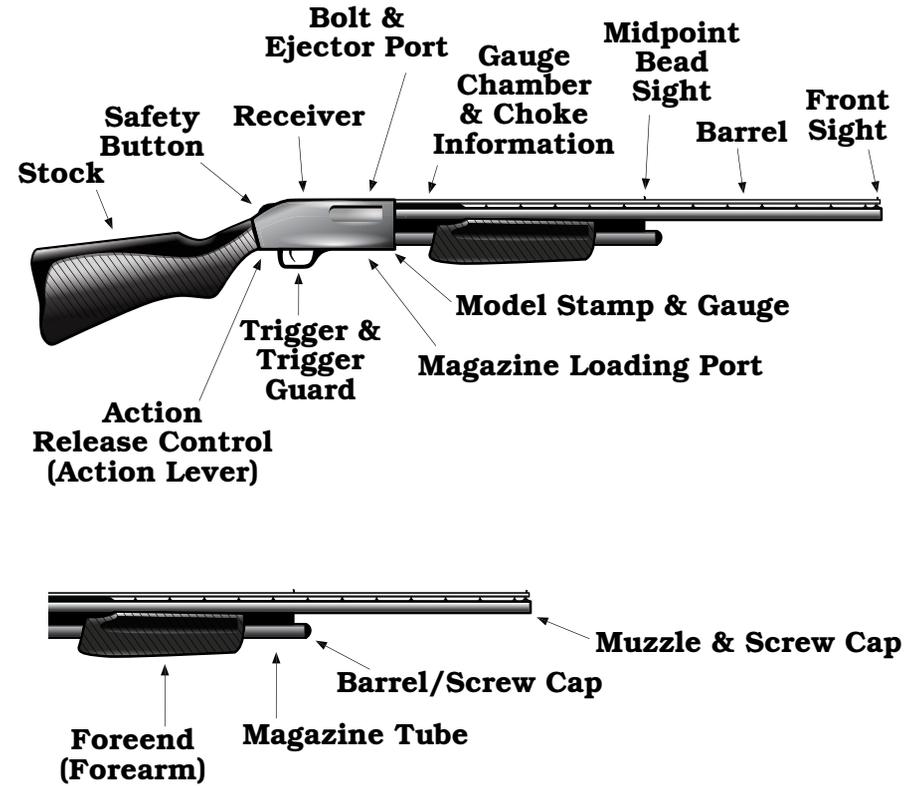
11/30/13 - 12/05/13

*At the time of publication not all of the 2013-2014

Minnesota Hunting Seasons were available.

Contact www.dnr.state.mn.us for more information

Hunting Safety



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

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

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly, 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

05/01/13 - 02/23/14

WALLEYE, SAUGER & NORTHERN PIKE

05/11/13 - 02/23/14

LARGEMOUTH BASS*

05/11/13 - 02/23/14

SMALLMOUTH BASS*

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

LAKE TROUT*

(Outside BWCA) 01/12/13 - 03/31/13

05/11/13 - 09/30/14

STREAM TROUT*

(Southeast) 01/01/13 - 03/31/13

(Catch & Release) Spring: 04/01/13 - 04/12/13

Summer: 05/11/13 - 10/31/13

Fall: 09/15/13 - 09/30/13

(All Lakes) 05/11/13 - 10/31/13

Muskie

06/01/13 - 12/01/13

Take-a-kid fishing weekend

06/07/13 - 06/09/13

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



DNR License Centers

You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System.

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

or visit one of the ELS agents available throughout Olmsted County:

BYRON

ARROW ACE HARDWARE

1067 4th St. NE | Byron | (507) 775-6886

EYOTA

EYOTA MARKET

501 Glen St. SW | Eyota | (507) 545-0108

ROCHESTER

AIRPORT VIEW LICENSE BUREAU

7381 Airport View Dr. SW | Rochester | (507) 289-0994

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3440 Northern Valley Pl. NE | Rochester | (507) 282-3507

ARROW ACE HARDWARE

1021 15th Ave. SE | Rochester | (507) 292-6674

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1500 N Broadway Ave. | Rochester | (507) 282-0095

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3600 Hwy. 63 S | Rochester | (507) 289-8308

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4603 Main Ave. SE | Rochester | (507) 252-9651

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GANDER MOUNTAIN, LLC (#367)

3470 55th St. NW | Rochester | (507) 252-2033

HOOLED ON FISHING

5510 Hwy. 63 N | Rochester | (507) 282-4982

K-MART (#4351)

201 9th St. SE | Rochester | (507) 288-9567

MILLS FLEET FARM

4891 Main Ave. SE | Rochester | (507) 281-1130

THE SPORTS AUTHORITY (#706)

80 25th St. SE | Rochester | (507) 282-9400

WALMART SUPERCENTER (#1971)

3400 NW 55th St. | Rochester | (507) 280-7733

WALMART SUPERCENTER (#2812)

25 25th St. SE | Rochester | (507) 280-7733

WILD GOOSE SPORTS, INC.

1117 N Broadway Ave. | Rochester | (507) 289-2520

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Boating Safety

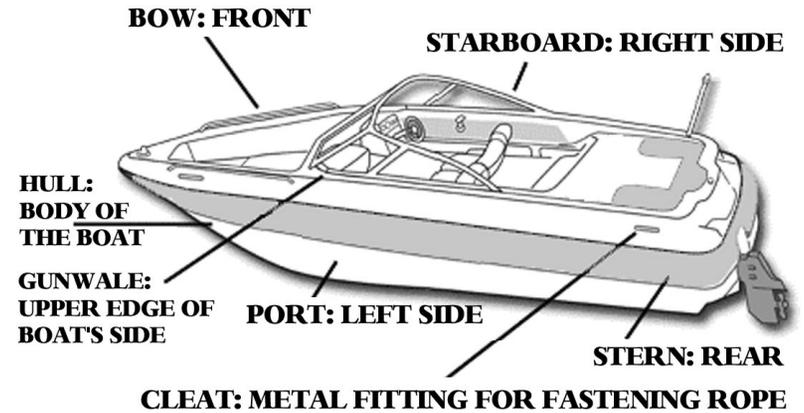
Operating Watercraft

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

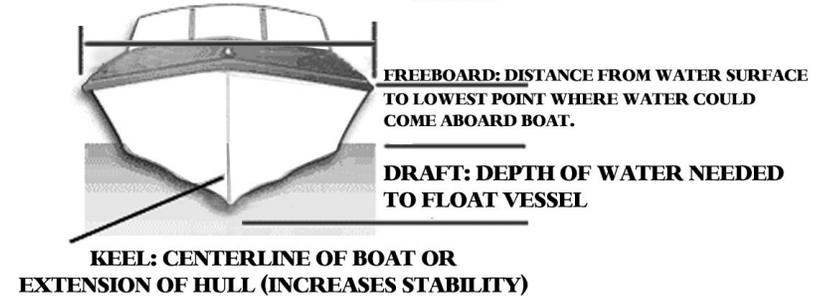
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone 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.



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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.



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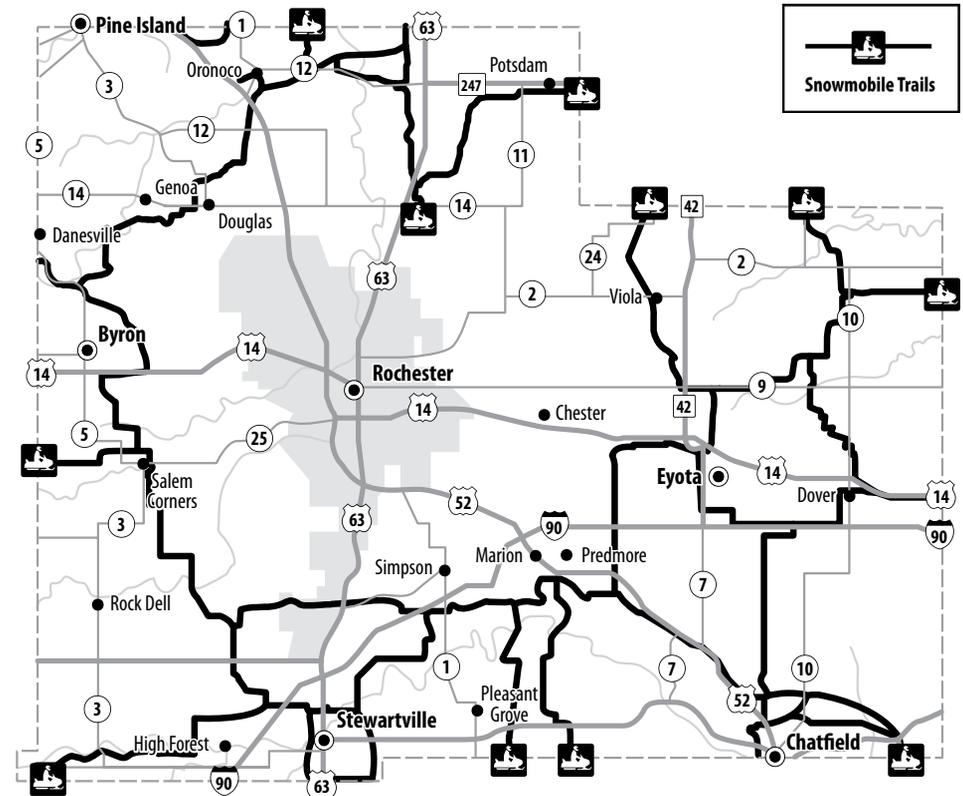
Snowmobile Safety

- 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



Local Snowmobile Trails



Home Safety

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



Carbon Monoxide Safety

PREVENTION

- Install carbon monoxide detectors near every bedroom, gas appliance and in your RV, camper or motor home and test them monthly.
- Have flues, chimneys and all fuel-burning appliances inspected by a professional annually.
- Make sure fireplaces, wood stoves, dryers, furnaces and water heaters are properly vented to the outside.
- Only burn clean and untreated wood.
- Never idle your car or gas powered vehicle in the garage, with or without the garage door open.
- Toxic fumes build up quickly and can easily contaminate your home.
- Never use gas-powered engines like weed trimmers, snow blowers, chain saws, lawnmowers or portable generators in enclosed areas.
- Never use a charcoal grill indoors or in any closed area.
- Never use a gas oven to heat your home.
- Never sleep in a room or area heated with a gas or kerosene space heater that does not have proper ventilation.

SYMPTOMS

- Headaches, severe fatigue, vomiting, nausea, muscle and joint pain, dizziness, tingling, vertigo
- Attention and multi-tasking problems, short-term memory problems, word-finding problems
- Irritability, temper, loss of interest, sleep disturbance, anxiety, lack of motivation
- Eating and swallowing difficulties, vision problems, lack of muscular coordination, speaking difficulty, ringing in the ears
- Seizures, tremors, balancing problems, shortness of breath

Carbon monoxide poisoning is easily confused with flu-like symptoms. Serious long-term health risks or death can result if warning signs are ignored. Carbon monoxide can affect you for days, weeks, months or years. High levels of carbon monoxide can be fatal within minutes.

TREATMENT

- Immediately take the victim out to fresh air.
- If the victim cannot be removed, open every window and door.
- All appliances should be turned off.
- Take the victim to an emergency room as quickly as fast as possible, or call 911.

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

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.

Minnesota Vikings Schedule

WK	DATE	OPPONENT	TIME	STATION
1	Sun, Sep 8	@ Lions	12:00 PM	FOX
2	Sun, Sep 15	@ Bears	12:00 PM	FOX
3	Sun, Sep 22	Browns	12:00 PM	CBS
4	Sun, Sep 29	Steelers	12:00 PM	CBS
5	BYE	-	-	-
6	Sun, Oct 13	Panthers	12:00 PM	FOX
7	Mon, Oct 21	@ Giants	7:40 PM	ESPN
8	Sun, Oct 27	Packers	7:30 PM	NBC
9	Sun, Nov 3	@ Cowboys	12:00 PM	FOX
10	Thu, Nov 7	Redskins	7:25 PM	NFL
11	Sun, Nov 17	@ Seahawks	3:25 PM	FOX
12	Sun, Nov 24	@ Packers	12:00 PM	FOX
13	Sun, Dec 1	Bears	12:00 PM	FOX
14	Sun, Dec 8	@ Ravens	12:00 PM	FOX
15	Sun, Dec 15	Eagles	12:00 PM	FOX
16	Sun, Dec 22	@ Bengals	12:00 PM	FOX
17	Sun, Dec 29	Lions	12:00 PM	FOX

**Dates and start times are subject to change.*



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