

FREE RESIDENT GUIDE

*Polk, Pennington
& Red Lake Counties*

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Highway 61
1/2 mile from the border
Grand Portage, MN
218-475-2233

663 W. Stutsman St.
Pembina, ND 58271
I-29 Exit 215
701-825-6292
Fax: 701-825-6415

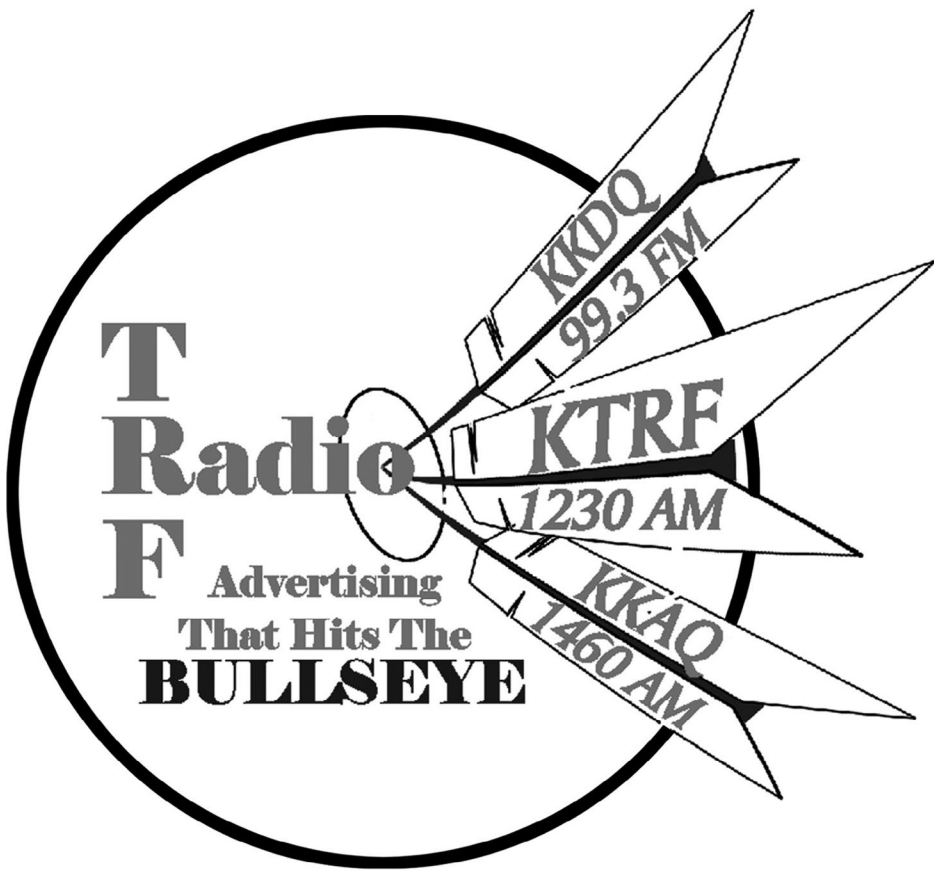


Table of Contents

2	Local Area Events
3	Preferred Merchants & Services
4-5	Resident Services
6	Polk County History
7-9	Polk County Communities
10	Pennington County History
11	Pennington County Communities
12	Red Lake County History
13	Red Lake County Communities
14-15	Local Area Attractions
16-19	Parks & Recreation
20-21	DNR License Centers
22	Minnesota Hunting Seasons
24	Minnesota Fishing Seasons
30	Greenway Bicycle Trails
32	Agassiz ATV Trails
35	Snowmobile Trails

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Local Area Events

JANUARY

Gala for Girls | Crookston
River View Dinner | Crookston
Cathedral Mardis Gras | Crookston
Frost Bobber Fishing Tournament | East Grand Forks

FEBRUARY

Ice Buster Daze | Crookston
Winter Job Fair | Crookston
Triad Taste of Italy | Crookston

MARCH

UMC International Dinner | Crookston
Ag Day Celebration | Red Lake Falls

APRIL

Indoor Crazy Days | Crookston
Lions Spaghetti Feed | Crookston
Walk for Autism | Crookston
Fireman's Fun Night | Crookston
Kiwanis French Toast Breakfast | Crookston
RRV Motorcycle Show | East Grand Forks
Jose Cole Circus | Thief River Falls

MAY

Earth Day Extravaganza | Crookston
Thunder Over the Red River | East Grand Forks

JUNE

RiverView Golf Classic | Crookston
Rhubarb Festival | Crookston
FCA Texas Scramble Golf Tournament | Crookston
Grand Cities Art Fest | East Grand Forks
Red Lake County Fair | Oklee
Pennington County Fair | Thief River Falls

JULY

Crazy Days | Crookston
Grand Cities Fun 4th & Fireworks | East Grand Forks
Cats Incredible Catfish Days | East Grand Forks
Polk County Fair | Fertile
Welcome Home Days | Red Lake Falls
Red Lake Falls Summerfest

AUGUST

Ox Cart Days | Crookston
Heritage Days | East Grand Forks
BBQ Ribs Cook-Off | Thief River Falls

SEPTEMBER

King of the Trails Marketplace | Crookston
Potato Bowl USA | East Grand Forks
Everybody's Market | Thief River Falls
Great American Block Party | Thief River Falls
Model Railroad Train Show | Thief River Falls
Harvest Fest | Red Lake Falls

OCTOBER

Moonlight Madness | Crookston
Arts & Craft Fair | East Grand Forks

NOVEMBER

Winter Wonderland | Crookston
Holiday Social | Crookston

DECEMBER

Winter Wonderland | Crookston
New Year's Eve Celebration | East Grand Forks

Preferred Merchants & Services

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Resident Services

POLK COUNTY

Assessor	(218) 281-4186
Attorney	281-4344
Auditor	281-2554
County Coordinator	281-5408
Facilities Management	281-5408
Human Resources	281-5408
Incinerator	435-6501
Information Technology	281-5408
License Center	281-5423
Planning & Zoning	281-5700
Public Health	281-3385
Public Works	281-3952
Recorder	281-3464
Sheriff	281-0431
Social Services	281-3127
Soil & Water Conservation	281-6070
Solid Waste	281-6445
Treasurer	281-2554
Tri-County County Corrections	470-8100
U of M Extension	281-8027
Veterans Services	281-3066

Resident Services

PENNINGTON COUNTY

Assessor	(218) 683-7029
Attorney	681-0773
Auditor	683-7000
Court Administration	683-7023
Highway Engineer	683-7017
License Center	683-7020
Public Health	681-5950
Recorder	683-7027
Sheriff	681-6161
Social Services	681-2880
Soil & Water Conservation	683-7075
Solid Waste	683-7030
Treasurer	683-7022
U of M Extension	683-7030
Veterans Services	683-7034

RED LAKE COUNTY

Assessor	(218) 253-2596
Attorney	253-2780
Auditor	253-2598
Court Administration	253-4281
Highway Engineer	253-2697
License Center	253-2797
Recorder	253-2797
Sheriff	253-2996
Social Services	253-4131
Soil & Water Conservation	253-2593
Solid Waste	253-4121
Treasurer	253-2797
U of M Extension	253-2895
Veterans Services	465-4656



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Polk County History (Crookston, County Seat)

Polk County was originally inhabited by Dakota and Chippewa Indians until a treaty was signed in 1863, opening land for settlement. The original boundaries for Polk County were set in 1858 and formerly included land of present day Clearwater, Pennington, Becker, Red Lake, Mahnomen, Clay, Beltrami, Norman and Marshall Counties. The area began to develop upon railroad construction and Crookston was selected as the county seat. In 1896 its boundaries were reset and again in 1910 to its present location. By 1920 its population had reached 36,019 and the area has continued to develop. Today Polk County is home to approximately 30,776 residents.

BELTRAMI – pop. 91

CLIMAX – pop. 235

CROOKSTON (COUNTY SEAT) – pop. 7,869

EAST GRAND FORKS – pop. 7,849

ERSKINE – pop. 402

FERTILE – pop. 840

FISHER – pop. 402

FOSSTON – pop. 1,468

GULLY – pop. 77

LENGBY – pop. 76

MCINTOSH – pop. 603

MENTOR – pop. 140

NIELSVILLE – pop. 86

TRAIL – pop. 61

WINGER – pop. 196

**Populations are approximate.*

Polk County Communities

BELTRAMI

Beltrami was settled in 1870 and named in honor of the Italian explorer, Giacomo Constantino Beltrami, who explored the area in 1823. A post office was established in 1878 with Isaac W. Webb serving as the first postmaster. As the railroad was established in 1885 Beltrami continued to grow and the community was incorporated in 1901. Today Beltrami is home to approximately 91 residents.

CLIMAX

Climax was established in the 1880s and its name was derived from the Greek word for ladder or staircase. By 1897 the community was incorporated and housed a post office, mills, bank and specialty shops. As the railroad arrived in 1896, the community was moved one and a half miles southwest to its present location. Today Climax is home to approximately 235 residents.

CROOKSTON (COUNTY SEAT)

Crookston was first settled in 1872 and named in honor of railroad engineer, soldier and politician Colonel William Crooks. The area quickly became a trade and manufacturing center due to its proximity to eight different railroad lines and Crookston was selected as the county seat. By 1879 the community was incorporated and housed a variety of businesses including the county jail. The area continued to develop and in 1895 the University of Minnesota Crookston was established as an agricultural high school, now boasting over 1,300 students and a diverse curriculum. Today Crookston is home to approximately 7,869 residents.

EAST GRAND FORKS

East Grand Forks was established after the Civil War and the area began as trade and transportation center. It was first recognized as Nashville until 1883 when it was renamed East Grand Forks and the community was incorporated in 1887. Railroad development sparked growth and its proximity to the Red River attracted many settlers. The area has witnessed several devastating floods throughout its history, but residents have rebuilt resiliently. Today East Grand Forks is home to approximately 7,849 residents.

ERSKINE

Attracted to the fertile soil and access to water, Erskine was settled in 1889 and a post office was established that same year. The community was named in honor of John Q. Erskine who platted the local streets and by 1900 housed several grain elevators, mills and a general store. In 1917 Erskine was incorporated and the area has continued to thrive. Today Erskine is home to approximately 402 residents.

Polk County Communities

FERTILE

Fertile was founded in 1879 and named after Fertile, Iowa, from where many settlers originated from. The first post office was established in 1881 with John S. LaDue serving as postmaster. Streets were platted by James and Caroline Holmes in 1887 and the community was incorporated the following year. Today Fertile is home to approximately 840 residents.

FISHER

Located near the Red Lake River, Fisher was originally recognized as Shirt-Tail Bend. As a post office was established in 1874, the community was renamed Fisher's Landing in honor of William H. Fisher, attorney and railroad president. As rail lines were constructed in 1878, the area continued to grow and was again renamed to its present name, Fisher. In 1881 Fisher was incorporated and the community has continued to develop. Today Fisher is home to approximately 402 residents.

FOSSTON

Fosston was first settled in 1876 and named in honor of Louis Foss, who established a general store and a nearby post office in 1883. In 1884 W.J. Hilligoss purchased the townsite and established the first hotel. Streets were platted by Norman Lewis and a newspaper office was constructed. As rail lines were set, Fosston began to thrive and the community was incorporated in 1895. Today Fosston is home to approximately 1,468 residents.

GULLY

Gully was settled in the 1880s as a railway village and named after the gully or valley that the railroad crossed in the area. The first post office was established in 1896 and by 1900 housed a lumberyard, hotel and a mill. As the area continued to grow, Gully was incorporated in 1924 and the community has continued to thrive. Today Gully is home to approximately 77 residents.

LENGBY

Attracted to the fertile soil and access to water, Lengby was settled in the 1870s. The first post office was established with Carl Hasselton serving as the first postmaster. As the railroad was constructed in 1898, Lengby began to develop. Businesses were established to meet the growing needs of the community and by 1905 the community was incorporated. Today Lengby is home to approximately 76 residents.

Polk County Communities

MCINTOSH

Located in King Township, McIntosh was named in honor of local resident Angus J. McIntosh, who established the first hotel and served as the area's first postmaster in 1884. McIntosh donated land for the townsite and railroad construction sparked development. The community was incorporated in 1891, again in 1911 and the area has continued to grow. Today McIntosh is home to approximately 603 residents.

MENTOR

Mentor was established in 1882 and named after Mentor, Ohio, from where many settlers originated. A post office was established that same year with George H. Tripp serving as postmaster. Streets were platted in 1892 and construction of the railroad allowed for growth. By 1902 Mentor was incorporated and the area has continued to develop. Today Mentor is home to approximately 140 residents.

NIELSVILLE

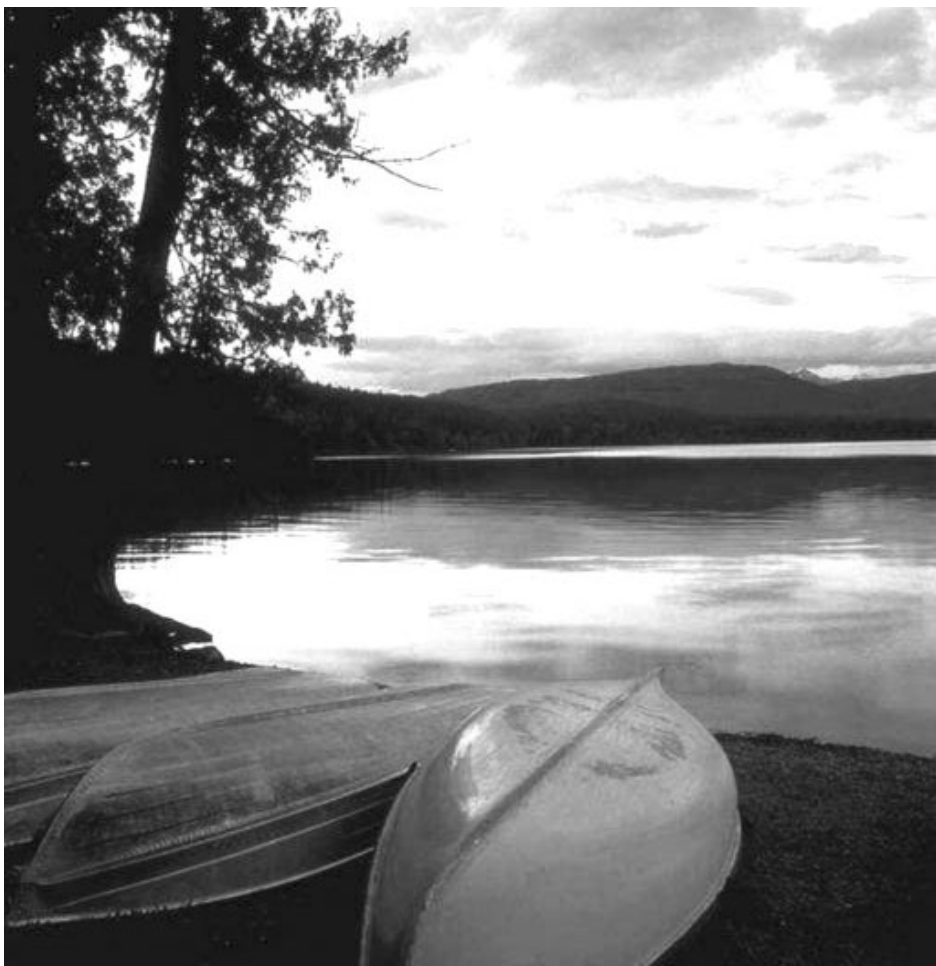
Located in Hubbard Township, Nielsville was first settled in 1872 by Nels C. Paulsrud, from whom the name of the community is derived. A post office was established in 1883 and as a railway station was constructed, Nielsville began to develop and the community was moved one and a half miles northwest to its present site. Today Nielsville is home to approximately 86 residents.

TRAIL

Located in Gully Township, Trail was settled in the 1880s and named after a local Indian trail. Construction of the railroad sparked growth as goods and passengers were easily transported. By 1910 Trail was incorporated and the community has continued to thrive. Today Trail is home to approximately 61 residents.

WINGER

Winger was founded in 1885 as Ingebret Messelt established a general store. In 1886 Messelt established a post office and served as the area's first postmaster. In 1905 streets were platted by the Soo Line Railroad Company and the area began to develop as the fertile soil attracted new residents. In 1921 Winger was incorporated and the community has continued to grow. Today Winger is home to approximately 196 residents.



Pennington County History (Thief River Falls, County Seat)

Pennington County was originally inhabited by Dakota and Chippewa Indians until a treaty was signed in 1863, opening land for settlement. Pennington County was formed from parts of Red Lake and Polk Counties in 1910 and named in honor of railroad president Edmund Pennington. The area began to grow as rail lines were constructed and by 1900 its population had reached 12,091. Thief River Falls was selected as the county seat and the area continued to grow. Today Pennington County is home to approximately 13,842 residents.

GOODRIDGE – pop. 101

ST. HILAIRE – pop. 279

THIEF RIVER FALLS (COUNTY SEAT) – pop. 8,557

**Populations are approximate.*

Pennington County Communities

GOODRIDGE

Goodridge was founded as a railway village in 1914 and its name was derived from the low ridge surrounding the area. Streets were platted in 1915 by the Northern Townsite Company and a post office was established with Jennie Payne serving as the first postmaster. The community was incorporated in 1915 and the area has continued to develop. Today Goodridge is home to approximately 101 residents.

ST. HILAIRE

Located near the Red Lake River, St. Hilaire was platted in 1882 and named by Harry Ives in honor of French author and politician, Jules Barthelemy Saint Hilaire. Ives served as the first postmaster and a railroad station was constructed in 1883. Railroad development sparked growth and St. Hilaire was incorporated that same year. Today St. Hilaire is home to approximately 279 residents.

THIEF RIVER FALLS (COUNTY SEAT)

Attracted to the fertile soil and ample timber, Thief River Falls was settled in the 1880s. Streets were platted in 1887 and the area began as a lumbering community. Its name was derived from the Dakota name for Thief River and nearby rapids. In 1896 Thief River Falls was incorporated and the community became an agricultural trading center. It was selected as the county seat and the area has continued to grow. Today Thief River Falls is home to approximately 8,557 residents.

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Red Lake County History (Red Lake Falls, County Seat)

Red Lake County was originally inhabited by Dakota and Chippewa Indians until a treaty was signed in 1863, opening land for settlement. Red Lake County was formed from parts of Polk County in 1896 and named after the nearby Red River. The area began to grow as the railroad was constructed and by 1900 its population had reached 7,263. Red Lake Falls was selected as the county seat and in 1910 parts of Red Lake County were ceded to Pennington County and the area has continued to develop. Today Red Lake County is home to approximately 4,188 residents.

BROOKS – pop. 137

OKLEE – pop. 368

PLUMMER – pop. 262

RED LAKE FALLS (COUNTY SEAT) – pop. 1,544

**Populations are approximate.*

Red Lake County Communities

BROOKS

The first post office in the Brooks area was established in 1883 with Daniel Little serving as the first postmaster. Streets were platted in 1904 and railroad development sparked growth. By 1926 the community housed a hotel, creamery, saloons, general stores and a variety of specialty shops. In 1955 Brooks was incorporated and the area has continued to thrive. Today Brooks is home to approximately 137 residents.

OKLEE

Fertile soil and access to water attracted pioneers to the Oklee area in the 1880s. Oklee was named after settler Ole K. Lee who sold land for development of the community. As the railroad arrived in 1909 streets were platted by the Tri-State Land Company and the area grew as an agricultural center. Oklee was incorporated in 1914 and has continued to develop. Today Oklee is home to approximately 368 residents.

PLUMMER

Plummer was first settled by Charles A. Plummer, a local resident who constructed a mill in 1881 and the community was named in his honor. The first post office was established in 1903 with Hubert H. Finrow serving as the first postmaster. As the railroad arrived the following year, streets were platted and businesses were established to meet the growing needs of the community. Today Plummer is home to approximately 262 residents.

RED LAKE FALLS (COUNTY SEAT)

Attracted to the fertile soil and access to water, Red Lake Falls was settled in 1876. Its name was derived from the Red Lakes and the Red Lake River and the area quickly grew as a lumbering and trading center. A post office was established in 1878 with Ernest Buse serving as the first postmaster. By 1881 Red Lake Falls was incorporated and the community was selected as the county seat in 1896. In 1900 its population had reached 1,885 and the area continued to develop. Today Red Lake Falls is home to approximately 1,544 residents.



Local Area Attractions

AGASSIZ ENVIRONMENTAL LEARNING CENTER
P.O. Box 388 | Fertile | (218) 945-3129

BERGESON GARDENS
4177 Hwy. 1 | Fertile | (218) 945-6988

CABELA'S
210 Demers Ave. | East Grand Forks | (218) 773-0282

CLIMAX BENTWOOD GOLF COURSE
35903 SW 380th Ave. | Climax | (218) 857-3545

CLIMAX PUBLIC LIBRARY
104 E Broadway | Climax | (218) 857-2455

COMMUNITY ARTS COUNCIL
P.O. Box 207 | Thief River Falls | (218) 681-2214

COMMUNITY PERFORMING ARTS CENTER
1420 NW 4th Ave. | East Grand Forks | (218) 773-2405

CROOKSTON PUBLIC LIBRARY
110 N Ash St. | Crookston | (218) 281-4522

FOSSTON GOLF CLUB
112 N Kaiser Ave. | Fosston | (218) 435-6535

FOSSTON THEATRE
105 E 1st St. | Fosston | (218) 435-1700

EAST GRAND FORKS PUBLIC LIBRARY
422 NW 4th St. | East Grand Forks | (218) 773-9121

FOSSTON LIBRARY
405 N Foss Ave. | Fosston | (218) 435-1320

GRAND THEATRE
124 E 2nd St. | Crookston | (218) 281-1820

LAKEVIEW RESORT
16233 SE 340th St. | Mentor | (218) 637-6237

MINAKWA GOLF COURSE
901 Fisher Ave. | Crookston | (218) 281-1773

MCINTOSH PUBLIC LIBRARY
115 NW Broadway | McIntosh | (218) 563-4555

OAK KNOLLS GOLF COURSE
P.O. Box 212 | Red Lake Falls | (218) 253-4423

NORTHERN LIGHTS RAILROAD MUSEUM
219 NE 20th St. | East Grand Forks | (218) 773-1726

PEDER ENGELSTAD PIONEER VILLAGE
825 Oakland Park Rd. | Thief River Falls | (218) 681-5767

POLK COUNTY LIBRARY
101 S Mill St. | Fertile | (218) 945-6137

Local Area Attractions

POLK COUNTY MUSEUM
P.O. Box 214 | Crookston | (218) 281-1038

RED LAKE FALLS PUBLIC LIBRARY
105 SW Champagne Ave. | Red Lake Falls | (218) 253-2992

RIVER CINEMA 12
211 Demers Ave. | East Grand Forks | (218) 399-9000

SANDHILL RIVER GOLF COURSE
44203 Hwy. 9 | Fertile | (218) 945-3535

SEVEN CLANS CASINO & WATER PARK
20595 E Center St. | Thief River Falls | (800) 881-0712

SOUTHGATE CASINO, BAR & GRILL
2525 S Washington St. | Grand Forks | (701) 775-6174

THE MOVIES
15463 Hwy. 59 | Thief River Falls | (218) 681-9945

THIEF RIVER FALLS LIBRARY
101 S Main Ave. | Thief River Falls | (218) 681-4325

THIEF RIVER GOLF CLUB
13697 NE 188th St. | Thief River Falls | (218) 681-2955

UMC KIEHLE LIBRARY
2900 University Ave. | Crookston | (218) 281-8399

VALLEY GOLF
2407 NW River Rd. | East Grand Forks | (218) 773-1207

VOYAGEUR'S VIEW
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Parks & Recreation

BERGE STAFFORD PARK

Fosston | (218) 435-1377

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BILL LAFAVE PARK

Thief River Falls | (218) 681-2519

Bill LaFave Park features a swimming beach with a bath house, picnic areas, basketball court, sand volleyball court and playground equipment.

BOY SCOUT PARK

Thief River Falls | (218) 681-2519

Boy Scout Park features a boat launch and picnic areas.

BROOKS CITY PARK

Brooks | (218) 698-4220

Brooks City Park features picnic areas and playground equipment.

CANNON PARK

Fertile | (218) 945-3136

Cannon Park features a campground with picnic areas.

CARMEN PARK

Crookston | (218) 281-1242

Carmen Park features picnic areas, a basketball court and playground equipment.

CENTENNIAL PARK

Thief River Falls | (218) 681-2519

Centennial Park features a fishing pier, picnic areas, playground equipment and a river walk.

CENTRAL PARK

Crookston | (218) 281-1242

Central Park features a campground, boat launch, picnic areas and recreational trails.

Parks & Recreation

CITY PARK & LIONS PARK

Goodridge | (218) 378-4113

City Park and Lions Park features a campground, picnic areas, a basketball court, tennis court and horseshoe pits.

CIVIC CENTER ARENA

East Grand Forks | (218) 773-8000

Civic Center Arena features indoor recreation, tennis courts and a skating rink.

ENGELSTAD PARK

Thief River Falls | (218) 681-2519

Engelstad Park features a basketball court, tennis court, skating rink and a warming house.

ERSKINE PARK

Erskine | (218) 687-4646

Erskine Park features picnic areas and a swimming beach.

EUGENE FIELD PARK

Crookston | (218) 218-1242

Eugene Field Park features picnic areas, a basketball court and playground equipment.

EVERGREEN PARK

Crookston | (218) 281-1242

Evergreen Park features a basketball court and playground equipment.

FISHER PARK

Fisher | (218) 773-7879

Fisher Park features picnic areas and playground equipment.

GULLY CITY PARK

Gully | (218) 268-4591

Gully City Park features picnic areas, playground equipment, a basketball court and volleyball court.

THE GREENWAY

East Grand Forks | (701) 787-3756

The Greenway is located on 2,200 acres along the Red and Red Lake Rivers and features a campground, boat launches, picnic areas, basketball courts, volleyball courts, softball diamonds, skating rinks, two golf courses, off-leash dog park, and recreational trails.

GREENWOOD PARK & RECREATION AREA

Thief River Falls | (218) 681-2519

Greenwood Park and Recreation Area features picnic areas, recreational trails and an environmental learning lab.

HARNEY PARK

East Grand Forks | (218) 773-8000

Harney Park features picnic areas, playground equipment and a softball field.

HARTZ PARK

Thief River Falls | (218) 681-2519

Hartz Park features a fishing pier, picnic areas, sand volleyball court, playground equipment, recreational trails and a river walk.

HIGHLAND PARK COMPLEX

Crookston | (218) 281-1242

Highland Park Complex features picnic areas, tennis courts, horseshoe pits, sand volleyball court, playground equipment, skate park and concessions.

HOVEN LAKE PARK

Crookston | (218) 281-1242

Hoven Lake Park features picnic areas, a basketball court and playground equipment.

ITTS WILLIAMS PARK

East Grand Forks | (218) 773-8000

ITTS Williams Park features picnic areas, playground equipment and a softball field.

Parks & Recreation

LIONS PARK

Thief River Falls | (218) 681-2519

Lions Park features picnic areas, horseshoe pits, playground equipment and a 9 hole frisbee disc golf course.

MCINTOSH CITY PARK

McIntosh | (218) 563-3043

McIntosh City Park features a campground, picnic areas, playground equipment, softball field and volleyball court.

MELLAND PARK

Fosston | (218) 435-1377

Melland Park features picnic areas and historical buildings.

MILLYARD PARK

Thief River Falls | (218) 681-2519

Millyard Park features a fishing pier, picnic areas and a river walk.

NASH PARK

East Grand Forks | (218) 773-8000

Nash Park features picnic areas, playground equipment, a soccer field and skating rink.

NORTHROP PARK

Thief River Falls | (218) 681-2519

Northrop Park features playground equipment, a skating rink and a warming house.

OAKLAND PARK

Thief River Falls | (218) 681-2519

Oakland Park features a canoe launch, picnic areas, horseshoe pits, sand volleyball court, softball field and recreational trails.

O'LEARY PARK

East Grand Forks | (218) 773-8000

O'Leary Park features indoor recreation, picnic areas, playground equipment, horseshoe pits, a tennis court and sand volleyball court.

OKLEE CITY PARK

Oklee | (218) 796-5183

Oklee City Park features a campground and picnic areas.

POLK COUNTY PARK

Mentor | (218) 574-2254

Polk County Park features a boat launch, fishing pier, swimming beach and picnic areas.

RED RIVER STATE RECREATION AREA

East Grand Forks | (218) 773-4950

Located on 1,230 acres, the Red River State Recreation Area features a campground, boat launch, picnic areas and recreational trails.

RIVERSIDE PARK

Red Lake Falls | (218) 253-2684

Located near the Clearwater River, Riverside Park features a campground, picnic areas, basketball courts, tennis courts, horseshoe pits, sand volleyball court and playground equipment.

SCHUSTER PARK

Crookston | (218) 281-1242

Schuster Park features picnic areas, a basketball court, tennis court and playground equipment.

SHERLOCK PARK

East Grand Forks | (218) 773-8000

Sherlock Park features picnic areas, swimming pool, sand volleyball court and playground equipment.

SPORTSMAN PARK

Red Lake Falls | (218) 253-2684

Located near the Clearwater River, Sportsman's Park features a campground, boat launch, rifle and archery range, picnic areas and recreational trails.

SPRING LAKE PARK

Lengby | (218) 668-2219

Spring Lake Park features a boat launch, fishing pier, swimming beach and picnic areas.

Parks & Recreation

ST. HILAIRE CITY PARK

St. Hilaire | (218) 964-5257

St. Hilaire City Park features a campground, fishing pier, canoe launch, picnic areas, playground equipment, horseshoe pits, softball field and recreational trails.

STAUSS PARK

East Grand Forks | (218) 773-8000

Stauss Park features picnic areas, baseball fields and a skating rink.

THIEF RIVER FALLS TOURIST & RV PARK

Thief River Falls | (218) 681-2519

Thief River Falls Tourist and RV Park features a campground, canoe launch, fishing pier, sand volleyball court, playground equipment and a river walk.

TILBERG PARK

Fosston | (218) 435-1195

Tilberg Park features a boat launch, picnic areas and a swimming beach.

TRAIL CITY PARK

Trail | (218) 268-4465

Trail City Park features picnic areas, playground equipment and recreational trails.

VETERAN'S PARK

Plummer | (218) 465-4231

Veteran's Park features a campground, picnic areas, playground equipment and a visitor area.

VFW ARENA PARK

East Grand Forks | (218) 773-8000

VFW Arena Park features picnic areas, playground equipment and a skating rink.

WILDWOOD CITY PARK

Crookston | (218) 281-1242

Wildwood City Park features picnic areas and playground equipment.

WINGER DEPOT PARK

Winger | (218) 938-4150

Winger Depot Park features a campground with picnic areas.

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In The Guide!**

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SINCE 1984



DNR License Centers

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

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

or visit one of the ELS agents available throughout Polk, Pennington & Red Lake Counties:

BROOKS

BROOKS CENEX

106 S Hwy. 59 | (218) 698-4271

CLIMAX

PETE'S ONE STOP, INC.

102 E Broadway | (218) 857-2365

CROOKSTON

CEASON'S BAIT & TACKLE

802 N Broadway | (218) 281-6665

PADDY & PAUL'S 66 SERVICE

519 E Robert St. | (218) 281-6837

POLK COUNTY LICENSE CENTER

612 N Broadway #213 | (218) 281-5423

TRUE VALUE

111 N Main St. | (218) 218-2270

WALMART SUPERCENTER #3758

1930 Sahlstrom Dr. | (218) 281-2970

EAST GRAND FORKS

CABELA'S RETAIL, INC.

210 NW Demers Ave. | (218) 773-0282

HARDWARE HANK

1017 NW Central Ave. | (218) 773-7933

HOLIDAY STATIONSTORE #3548

1010 NE Central Ave. | (218) 773-1993

ERSKINE

FUEL N' THINGS

203 Hwy. 2 | (218) 687-5137

WIN E MAC TRAVEL CENTER

22848 SE 347th St. | (218) 687-3887

FERTILE

AL & LAURA'S FOODS

103 Mill St. | (218) 945-6151

NORTHSIDE EXPRESS

702 N Mill St. | (218) 945-4071

DNR License Centers

FISHER

FISHER C-STORE

305 N 4th St. | (218) 891-4071

FOSSTON

BURGGRAF'S ACE HARDWARE

306 E 1st St. | (218) 435-1977

GOODRIDGE

FARMERS UNION OIL CO.

101 E Vaughan Main St. | (218) 378-4146

GULLY

GULLY TRI-COOP ASSOCIATION

112 E St. Paul Ave. | (218) 268-4177

LENGBY

LENGBY OIL CO.

107 N Main St. | (218) 668-2222

MCINTOSH

MCINTOSH CENEX

400 SE State St. | (218) 698-4271

MCINTOSH HARDWARE & RENTAL

102 Broadway | (218) 563-3555

MENTOR

OAK COVE RESORT & MARINA

15598 SE Oak Cove Resort Rd. | (218) 637-2124

OKLEE

OKLEE CENEX

302 Governor St. | (218) 796-5184

PLUMMER

BOB & JAN'S GROCERY

131 E Central Ave. | (218) 465-4285

RED LAKE FALLS

MEMORIES CAFE

404 SW St. Mary Ave. | (218) 253-4222

RED LAKE COUNTY AUDITOR

P.O. Box 367 | (218) 253-2598

THOMPSON HARDWARE

122 Main Ave. | (218) 253-4304

ST. HILAIRE

KRUSE, INC.

10075 NE Hwy. 32 | (218) 964-5261

THIEF RIVER FALLS

ERL'S MARKET, INC.

103 E 8th St. | (218) 681-4627

HOLIDAY STATIONSTORE #197

1503 SE Hwy. 59 | (218) 681-3030

HUNTER'S OUTLET

206 N Knight Ave. | (218) 681-3030

KMART #9534

1547 S Hwy. 59 | (218) 681-1301

PENNINGTON COUNTY AUDITOR

101 N Main Ave. | (218) 683-7000

PENNINGTON MAIN

220 Main Ave. | (218) 681-8888

PETRO PUMPER, INC.

17107 Hwy. 59 | (218) 681-3546

TITAN MACHINERY

17108 NE Hwy. 59 | (218) 681-3999

WALMART SUPERCENTER #3761

1755 SE Hwy. 59 | (218) 683-3643

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.

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;

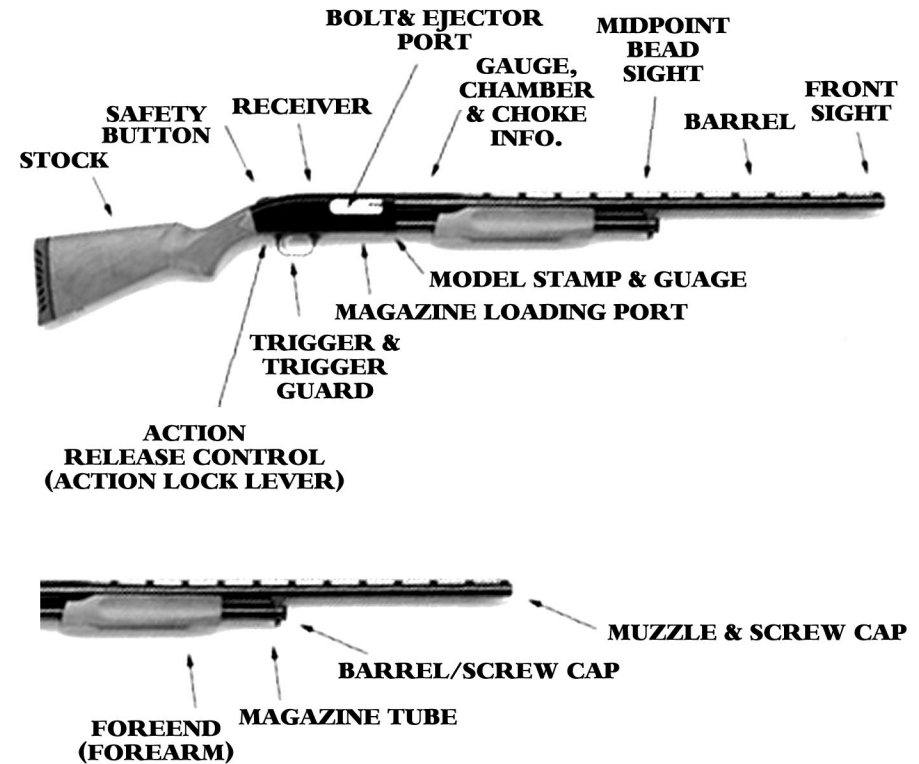
OTTER (FURBEARER TRAPPING)

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

BOBCAT (FURBEARER TRAPPING)

11/26/11 - 01/07/12

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; 05/15/10 - 10/31/10

(All Zones Except Southeast Zone) 04/16/11 - 09/30/11

MUSKELLUNGE

06/05/11 - 12/01/11

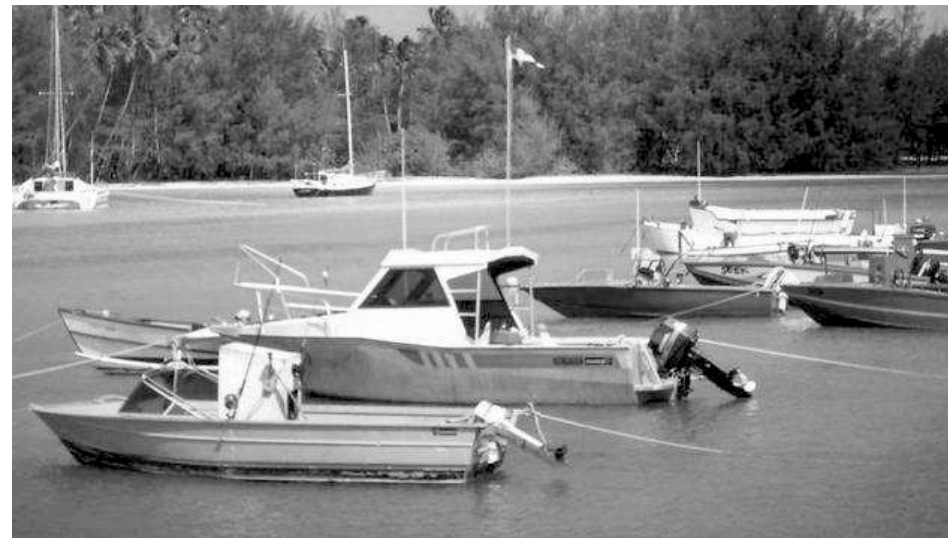
TAKE-A-KID FISHING WEEKEND

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.*















Boating Safety

Operating Watercraft

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

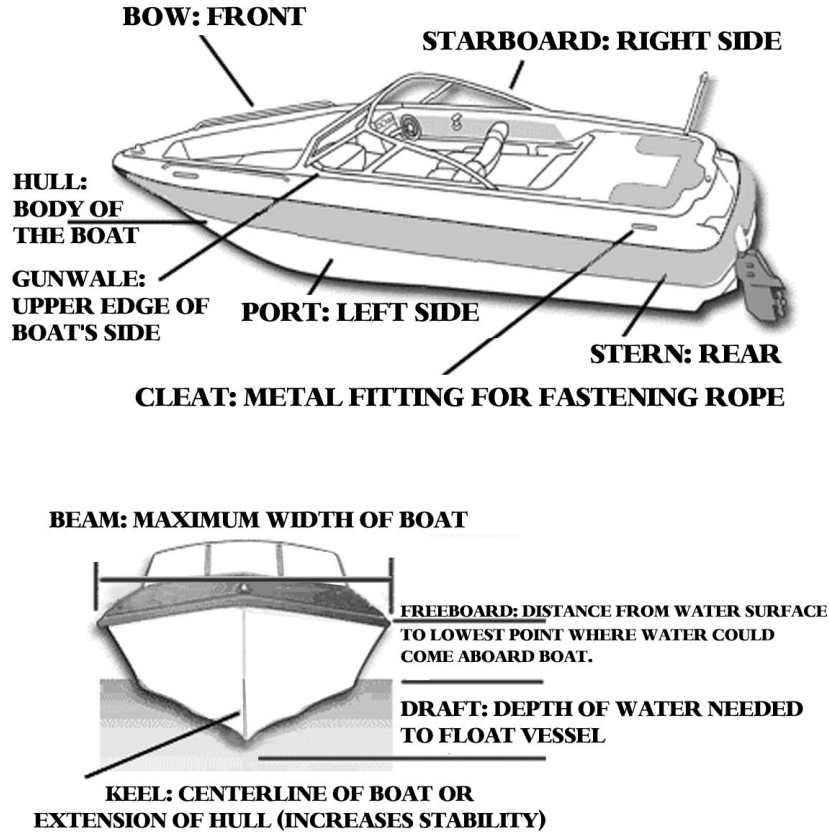
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone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

Common Fish Species

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

Boating Safety

Know Your Craft



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.

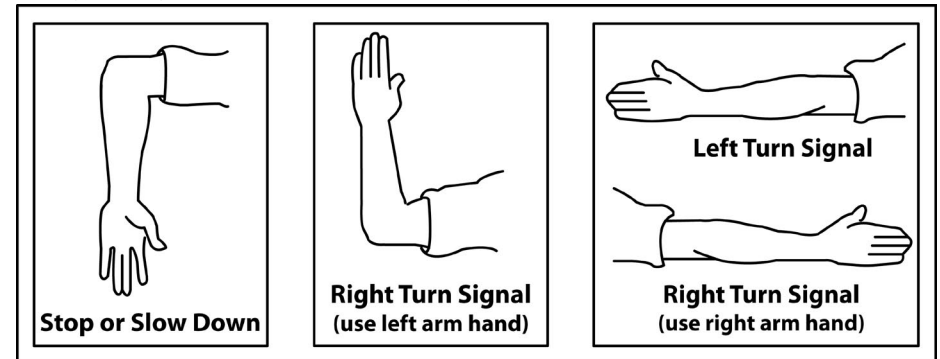


Improving Lakes, Rivers & Streams

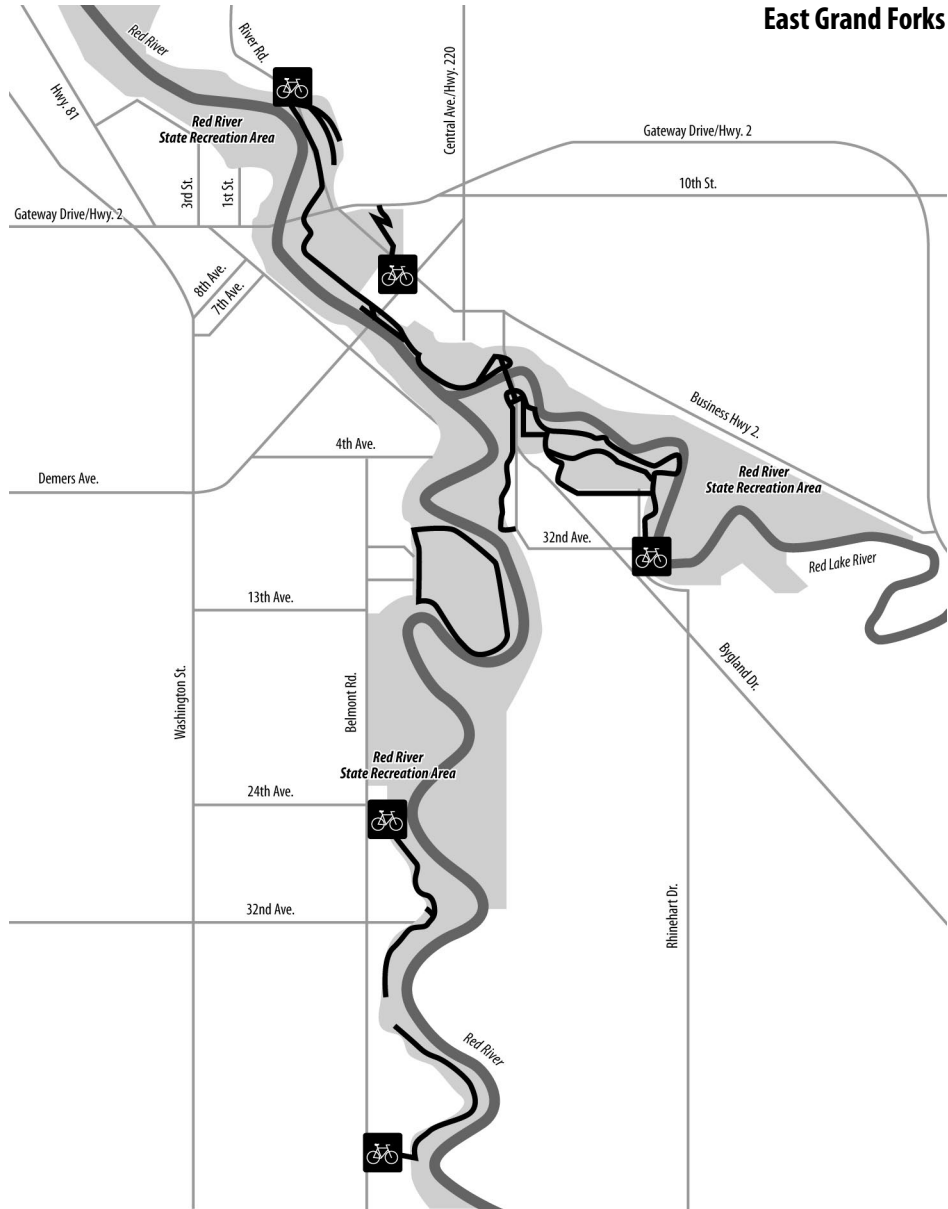
- Use phosphorus-free fertilizers to help control algae growth. Phosphorus helps to feed algae. Excessive algae makes swimming and fishing unpleasant, and stresses fish and wildlife.
- Bag your lawn clippings or use them for compost. Grass and leaves also contain phosphorus which promote algae growth. 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 dish washing 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.
- For more information on improving lakes, rivers and streams, call the MNDNR at (888) 665-4236.

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.



Greenway Bicycle Trails



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.

David A. Richter Attorney at Law

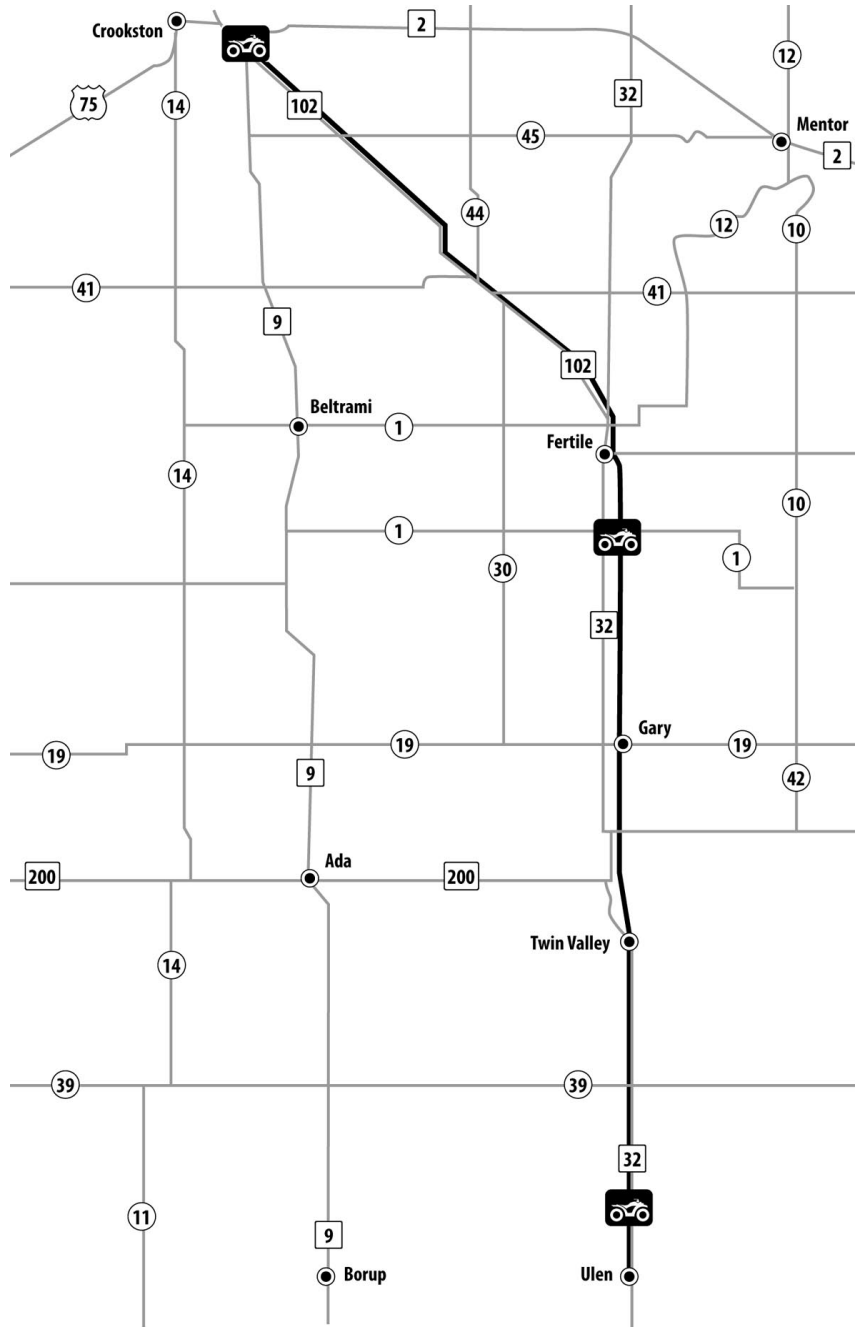
FAMILY LAW

DIVORCE • CHILD CUSTODY • CHILD SUPPORT
SPOUSAL MAINTENANCE MODIFICATIONS

www.DRichterLaw.net

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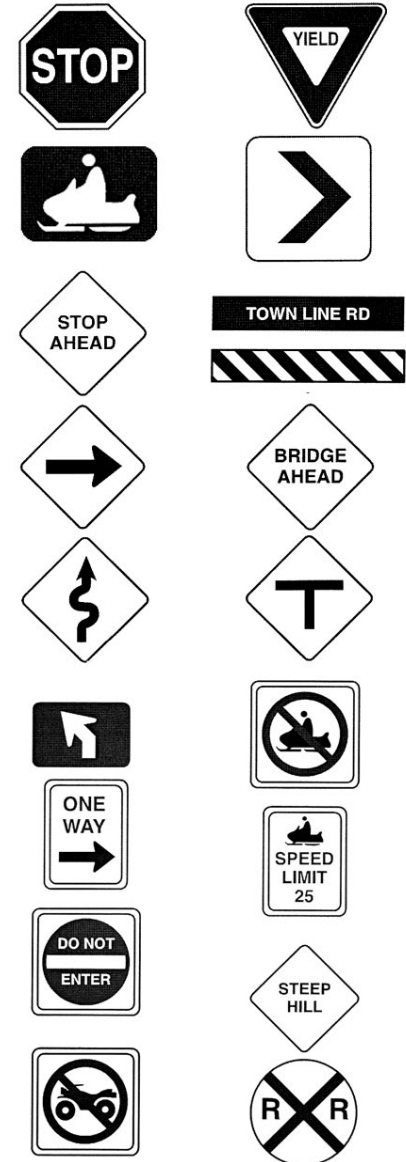
Agassiz ATV Trails



Snowmobile Safety

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

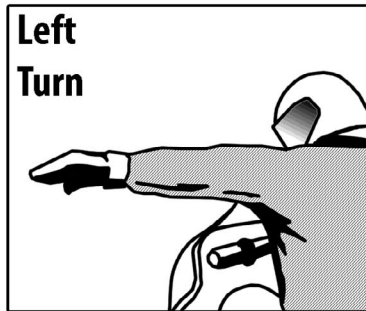
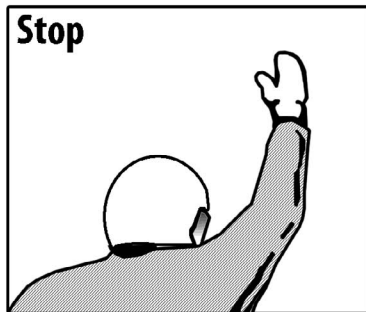
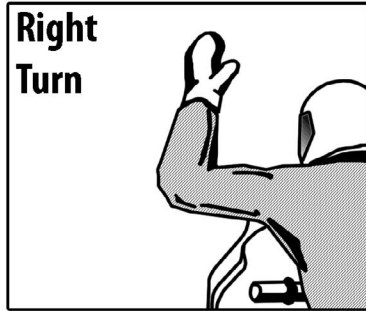
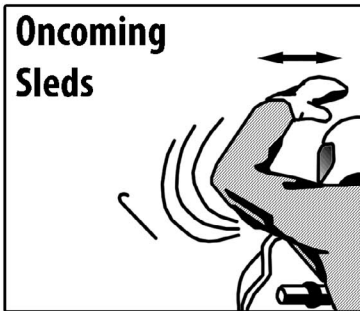
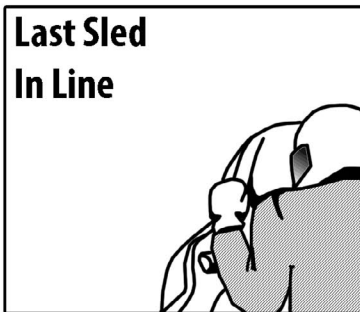
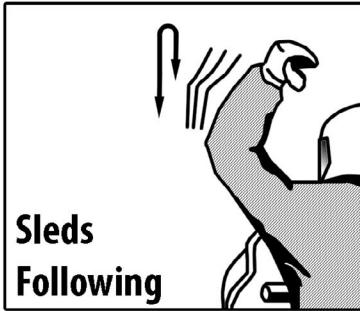
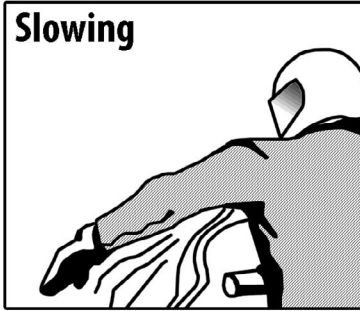
Common Trail Signs



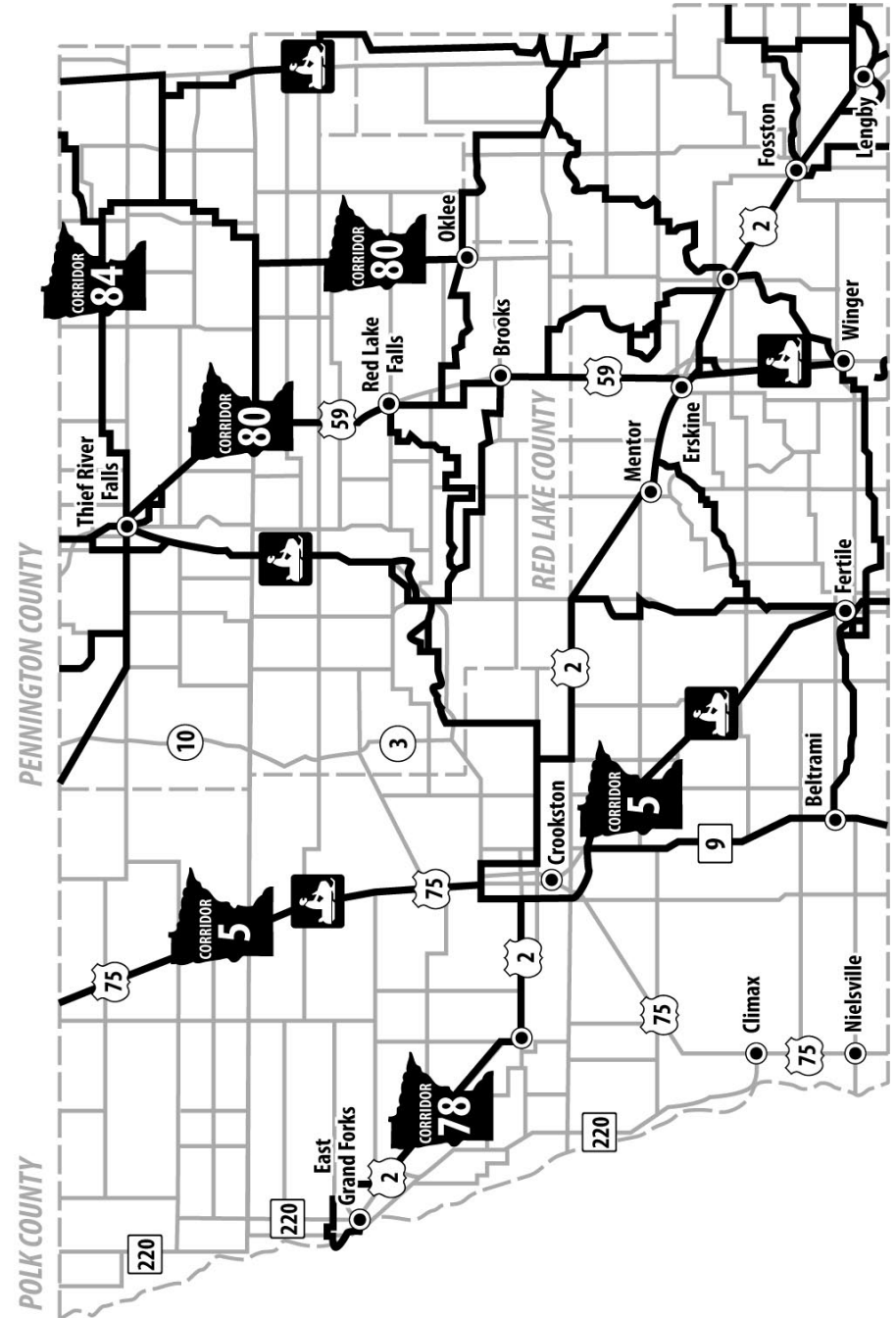
Snowmobile Safety

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

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



Snowmobile Trails



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.

Emergency Numbers For Kids

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

MY ADDRESS: _____

MY PHONE NUMBER: _____

MOM AT WORK: _____

MOM CELL PHONE: _____

DAD AT WORK: _____

DAD CELL PHONE: _____

NEIGHBOR: _____

EMERGENCY CONTACT: _____

POISON CONTROL: 1-800-222-1222

EMERGENCY DIAL

911

2011

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