



Rice & Steele
Counties,
Minnesota

FREE
Resident
Guide

www.LincolnMarketing.us



SEL/AMSOIL



**BILL & DONNA
DURAND**

ZO# 611

SEL/AMSOIL ACADEMY

SEL/AMSOIL MUSEUM

SEL/AMSOIL

NATURAL GARDENS

**Join With The Nation's
Sales "Leaders" Since 1976!**
BILL & DONNA DURAND, ZO# 611
HALL OF FAME

7 Star Regency Platinum Direct Jobber
Over 20,000 Online Members
Over 120 Downline Directs

"Let Us Help You Build Your Own Business"

Free 6 month Membership to first **10** Responders.
***** **Call Or Go Online Today!** *****

WI Office: 1-800-416-7109

NY Office: 1-917-745-7423

www.bestvaluesynthetic.com



"Factory Direct...Nobody Beats Our Prices"

HANDS-ON HEALS!

Longdale Chiropractic



Dr. Bruce H. Lieske

- Caring, unhurried, holistic care for health conditions at any age.
- Most major credit cards and insurance accepted.
- Massage therapy available.

Hours: Monday, Wednesday & Friday 9am to 6pm • Tuesday & Thursday 2pm to 6pm

100 Main Street South
Lonsdale, MN **507-744-5514**

1080 AM Radio

KYMN



a friend you can count on

NORTHFIELD

507-645-5695

kymnradio.net

ANY SMALL PIZZA	ANY MEDIUM PIZZA	ANY LARGE PIZZA
\$6	\$10	\$12

All Day
Carry-Out
& Delivery

Pizza Ranch

Also, Stop in
for our all
Day Buffet

142 Broadway Street West,
Owatonna, MN • 507-446-9990

Also, Visit: pizzaranchowatonna.com or prowatonna.com
for Legendary Savings

Home Comfort Systems



DAVE LENNOX
signature
COLLECTION

SLP98V

Unlike conventional single-stage furnaces that always run at full speed, the SLP98V's variable-capacity system quietly ramps up to speed, so there are no loud blasts of air at startup or any other point of operation.

LENNOX

HOME COMFORT SYSTEMS
Innovation never felt so good.™

K•S•W

KSW Roofing and Heating
2800 Park Drive, Owatonna • 451-9710

TABLE OF CONTENTS

- 2-3 Local Area Events**
- 4-5 Residential Services**
- 6 Rice County History**
- 7-8 Rice County Communities**
- 9 Steele County History**
- 10 Steele County Communities**
- 11-12 Parks & Recreation**
- 14-15 DNR License Centers**
- 16 Local Area Attractions**
- 22 2013 Minnesota Vikings Schedule**
- 23 Minnesota Fishing Seasons**
- 24 Minnesota Hunting Seasons**
- 30-31 Snowmobile Trails**

THIS FREE PUBLICATION IS MADE POSSIBLE BY THE ADVERTISERS AND OTHER LOCAL AGENCIES AND MAY NOT BE REPRODUCED. PLEASE SUPPORT THE LOCAL ADVERTISERS IN THIS PUBLICATION. COMMENTS AND/OR SUGGESTIONS MAY BE DIRECTED TO: INFO@LINCOLNMARKETING.US

www.LincolnMarketing.us

VIEW THIS PUBLICATION
ONLINE AT:
WWW.LINCOLNMARKETING.US

LOCAL AREA EVENTS

JANUARY

Faribo Sno-Go Club Radar Run | Faribault
Owatonna Business Partnership Armory Sale

Thursday on the Square | Northfield
11 at 7 Concert Series | Owatonna
Faribault Heritage Days

FEBRUARY

Anti-Valentine's Day at Boston's | Faribault
Gala | Faribault
Historical Society Dinner | Owatonna
Little Theatre | Owatonna
Warsaw Winter Carnival | Faribault

JULY

Ellendale Days
Rice County Agriculture Best of the Best | Faribault
Rice County Fair | Faribault
Ice Cream Social | Lonsdale
Crazy Days | Northfield
Thursday on the Square | Northfield
Five Days of Fun | Owatonna
Hog Roast & Street Dance | Owatonna
Art Festival | Owatonna
Steele County Historical Extravaganza | Owatonna

MARCH

North America Farm & Power Show | Owatonna
KOWZ-KRUE Home & Rec Show | Owatonna
Spring Stampede Shopping Promotion | Owatonna
Faribault's Famous Fish Fry

AUGUST

International Festival | Faribault
Faribault Airfest & Balloon Rally
Thursdays on the Square | Northfield
Lonsdale Community Days
5K Fun Run | Lonsdale
ArtSwirl | Northfield
Steele County Free Fair | Owatonna
Webster Harvest Days
Veseli Hoe-Down & Parade

APRIL

Minnesota Alpaca Exposition | Owatonna
Little Theatre | Owatonna
Spring Stampede Shopping Promotion | Owatonna
Maple Syrup Fun Run | Faribault

MAY

Rice County Steam & Gas Engine, Inc. Show | Dundas
Business Awards Luncheon | Faribault
Corky's Softball Tournament | Owatonna

SEPTEMBER

Taste of Faribault
Rice County Steam & Gas Engine Show | Dundas
Thursdays on the Square | Northfield
Defeat of Jesse James Days | Northfield
Upper Midwest Rabbit & Kavy Show | Owatonna

JUNE

Free Golf for Dad | Faribault
Straight River Days | Medford
Morristown Dam Days
Taste of Northfield

OCTOBER

Chili Fall Festival | Faribault
Taste of Faribault
River Bend Ramble | Faribault
Cemetery Stories | Northfield
Harvest Fest | Owatonna

NOVEMBER

Annual Farm-Business Lunch | Faribault
Holiday Gathering | Faribault
IRIS 5K Turkey Trot | Faribault
Shop Owatonna for the Holidays

DECEMBER

5K Reindeer Run | Faribault
Holiday Victorian High-Tea | Faribault
Christmas Concert at Trondhjem Church | Lonsdale
Christmas Cookie & Candy Walk | Medford
Winter Walk | Northfield
St. Olaf Christmas Festival | Northfield
Lighted Parade and Lighting of the Lights | Owatonna
Hometown Holiday Weekend | Owatonna

THOMPSON'S

GARAGE DOOR & OPENERS

Exceptional Products
Superior Service
Locally owned since 1991



507-281-1349 • 1-800-371-1349
www.ThompsonGarageDoor.com

Residential • Commercial • Farm • Garage Screen Doors
Gate Openers • 24 hr. Service & Repair • Year Round Installation



Mention this Ad to
receive **FREE** haul away
of old door and **FREE**
weather stripping with
the purchase of a new
door!
(\$180 Value)

Visit our high tech showroom at 6101 Bandel Rd. NW Rochester, MN

R ESIDENTIAL SERVICES

RICE COUNTY

Administration.....	(507) 332-6101
Assessor.....	332-6102
Attorney.....	332-6103
Auditor/Treasurer.....	332-6104
Board of Commissioners.....	332-6100
Corrections.....	332-6106
Court Administration.....	332-6107
Development.....	332-6126
Environmental Services.....	332-6113
Highway.....	332-6110
Human Resources.....	332-6123
Information Technology.....	333-3777
Parks & Recreation.....	332-6105
Planning & Zoning.....	332-6113
Public Health.....	332-6111
Recorder.....	332-6114
Sheriff.....	332-6010
Social Services.....	332-6115
Solid Waste.....	332-6833
University of Minnesota Extension.....	332-6109
Veteran Services.....	332-6117

Full Restaurant • Happy Hour Prices
Daily Food Specials • Bowling Daily
Outdoor Volleyball
Graduation Parties / Reunions
Off Premise catering with liquor

BASHER'S SPORTS BAR & GRILL
BOWLING CENTER

1802 NW 4th St., Faribault • 507-332-2044 • 507-334-3262



In 1844, a fur trader, Henry M. Rice arrived to the Rice County area and traveled with Alexander Faribault. Rice was elected as a senator in 1857 and the county was named in his honor. School districts were organized that same year and the construction of a courthouse followed in 1874 with Faribault as the county seat. Settlers were attracted to the rich farmland and ample water power from nearby rivers and streams. As the railroad arrived, communities began to grow where rail stations once stood. In 1931 a fire destroyed the original courthouse, but was soon rebuilt with the assistance of the Supreme Court. Today Rice County is home to approximately 62,390 residents.

CITIES:

DENNISON – pop. 164
DUNDAS – pop. 1,080
FARIBAULT (COUNTY SEAT) – pop. 22,009
LONSDALE – pop. 3,041
MORRISTOWN – pop. 1,039
NERSTRAND – pop. 226
NORTHFIELD – pop. 19,633

FOREST – pop. 1,159
MORRISTOWN – pop. 688
NORTHFIELD – pop. 832
RICHLAND – pop. 526
SHIELDSVILLE – pop. 1,176
WALCOTT – pop. 1,001
WARSAW – pop. 1,462
WEBSTER – pop. 1,846
WELLS – pop. 1,680
WHEATLAND – pop. 1,327
WHEELING – pop. 596

**Populations are approximate.*

TOWNSHIPS:

BRIDGEWATER – pop. 1,905
CANNON CITY – pop. 1,224
ERIN – pop. 838

STEELE COUNTY

Administration.....	(507) 444-7400
Assessor.....	444-7435
Attorney.....	444-7780
Auditor.....	444-7410
Board of Commissioners.....	444-7430
Corrections.....	446-7000
Court Administration.....	444-7720
Environmental Services.....	444-7475
Highway.....	444-7670
Human Resources.....	444-7430
Information Technology.....	444-7489
Parks & Recreation.....	451-1093
Planning & Zoning.....	444-7475
Public Health.....	444-7650
Recorder.....	444-7470
Sheriff.....	444-3800
Social Services.....	444-7570
Solid Waste.....	583-7766
Treasurer.....	444-7420
University of Minnesota Extension.....	444-7685
Veteran Services.....	444-7460

Cumberland's
Northwest Trappers Supply, Inc.
 One of the largest distributors of traps and trapping supplies in the USA

Visit our retail store

- + Lures and Baits
- + Trapping Books and Videos
- + Boots and Waders
- + Gloves
- + Snowshoes
- + Training Scents For Dogs
- + Predator Calls
- + Hunting and Fishing Lights



We have a huge inventory of:

- + Trap Wax and Dye
- + Bear Traps
- + Body Grippers Traps
- + Live Catch Cage Traps
- + Gopher and Mole Traps
- + Mouse and Rat Traps
- + Tanning Kits
- + Animal Repellents

Try our online catalog,
Simple, Safe, Secure

Cumberland's Northwest Trappers Supply
 4707 North Cedar Ave. • Owatonna, MN 55060 • 507-451-7607
trapper@nwtrappers.com www.nwtrappers.com



In 1844, a fur trader, Henry M. Rice arrived to the Rice County area and traveled with Alexander Faribault. Rice was elected as a senator in 1857 and the county was named in his honor. School districts were organized that same year and the construction of a courthouse followed in 1874 with Faribault as the county seat. Settlers were attracted to the rich farmland and ample water power from nearby rivers and streams. As the railroad arrived, communities began to grow where rail stations once stood. In 1931 a fire destroyed the original courthouse, but was soon rebuilt with the assistance of the Supreme Court. Today Rice County is home to approximately 62,390 residents.

CITIES:

DENNISON – pop. 164

DUNDAS – pop. 1,080

FARIBAULT (COUNTY SEAT) – pop. 22,009

LONSDALE – pop. 3,041

MORRISTOWN – pop. 1,039

NERSTRAND – pop. 226

NORTHFIELD – pop. 19,633

TOWNSHIPS:

BRIDGEWATER – pop. 1,905

CANNON CITY – pop. 1,224

ERIN – pop. 838

FOREST – pop. 1,159

MORRISTOWN – pop. 688

NORTHFIELD – pop. 832

RICHLAND – pop. 526

SHIELDSVILLE – pop. 1,176

WALCOTT – pop. 1,001

WARSAW – pop. 1,462

WEBSTER – pop. 1,846

WELLS – pop. 1,680

WHEATLAND – pop. 1,327

WHEELING – pop. 596

**Populations are approximate.*

DUNDAS

Dundas was first settled in 1852 by James Irish. Attracted to the fertile soil and the Cannon River, John and George Archibald arrived in 1857 and named the community after their Canadian hometown. The Archibald brothers established the Archibald Flour Mill, nationally recognized for its fine grade flour. The mill was destroyed and rebuilt throughout history, and its ruins can now be visited. Today Dundas is home to approximately 1,080 residents.

FARIBAULT (COUNTY SEAT)

Established in 1852 by Alexander Faribault, a businessman and fur trader, Faribault quickly grew as a religious and educational center. A sawmill was constructed and the city was incorporated and platted in 1855. Upon development, many schools and churches were built, including the State Academies for the Blind and Deaf, giving Faribault the nickname "Athens of the West." In 1878 a large fire destroyed many downtown businesses and the community quickly rebuilt. Herbert Sellner, a Faribault native, invented the Tilt-A-Whirl in 1926, which is still produced within the city limits. The city is recognized for its woolen products and garden industry. Today Faribault is home to approximately 22,009 residents.

EXPLORE **Minnesota.com**

RANDALL'S LICENSE BUREAU, INC.

Marcy Randall - Deputy Registrar

1825 South Elm • Owatonna, MN 55060 • 507-451-2040

Motor Vehicle • Driver License
Notary Public • Hunting & Fishing License • Boats
Snowmobile • A.T.V. License

LONSDALE

Once known as Trondhjem, Lonsdale was established in 1869 as rail lines were built between Farmington and Wells. The railroad station became the heart of the community and by 1902, a blacksmith shop, harness shop and grain elevator were built. In 1902 Lonsdale was incorporated and has since continued to grow dramatically due to its prime location near Interstate 35. Today Lonsdale is home to approximately 3,041 residents.

MORRISTOWN

In search of mill power along the Cannon River, Jonathon and Walter Morris arrived to present day Morristown in 1855. The brothers built the community's first saw mill and the town was named in their honor. The saw mill was converted to a grist mill in 1860 and the community began to grow. As a result, Morristown celebrates Dam Days annually in recognition of its heritage. Today Morristown is home to approximately 1,039 residents.

NERSTRAND

First settled in 1856, Nerstrand was established in 1885 by Osmund Osmundson. Osmundson named the community after a Norwegian city and as rail lines were built, Nerstrand grew as a stop for rail travelers. Today Nerstrand is home to approximately 226 residents.

NORTHFIELD

Attracted to the fertile soil and water power of the Cannon River, John Wesley North arrived to the Northfield area in 1855. Mills and a bridge were built, and the community began to grow. In 1876, the Jesse James Gang arrived to rob the First National Bank of Northfield, but locals refused and the Jesse James Gang was defeated. As a result, Northfield celebrates the annual Jesse James Days in honor of its courageous residents. In 1919, the Malt-O-Meal Company was established, providing breakfast foods across the country. Northfield's main industry includes education, with two prestigious colleges within its city limits. Today Northfield is home to approximately 19,633 residents.



Originally inhabited by Indians, settlement of Steele County began in the 1850s and land was surveyed and platted into townships in 1854. Steele County included land that was part of Waseca County until 1856. It is named after the Minneapolis settler, Franklin Steele, who was involved with the founding of Minneapolis and was a prominent figure with the construction of mills along St. Anthony Falls. Communities formed near rivers to utilize power and provide transportation. Owatonna was voted as the county seat and in 1891 the first county courthouse was built. Steele County has continued to grow with a population of 2,863 in 1860 and has grown to 21,155 within 100 years. Today Steele County is home to approximately 36,546 residents.

CITIES:

BLOOMING PRAIRIE – pop. 1,967

ELLENDALE – pop. 673

MEDFORD – pop. 1,222

OWATONNA (COUNTY SEAT) – pop. 24,855

TOWNSHIPS:

AURORA – pop. 1,746

BERLIN – pop. 519

BLOOMING PRAIRIE – pop. 536

CLINTON FALLS – pop. 431

DEERFIELD – pop. 716

HAVANA – pop. 622

LEMOND – pop. 527

MEDFORD – pop. 674

MERIDEN – pop. 648

MERTON – pop. 398

OWATONNA – pop. 726

SOMERSET – pop. 861

SUMMIT – pop. 534

**Populations are approximate.*

BLOOMING PRAIRIE

Blooming Prairie began as a rail center, built by railroad workers. The community was called Blooming Prairie by the wife of a rail worker and a flour mill was soon constructed. Settlers arrived to farm the land and Blooming Prairie was incorporated in 1873. By 1892, general stores, creameries and schools were established. Residents began celebrating 4th of July in the early 1900s, and continue this day with over 35,000 people in attendance. Today Blooming Prairie is home to approximately 1,967 residents.

ELLEDALE

Thomas H. Brown selected the area known as Ellendale for a community in 1900 because of its fertile soil and proximity to Owatonna and Albert Lea. Named after the wife of the railroad president, Ellen Dale Ives, Ellendale was incorporated in 1901. The Security State Bank was the first established business, and others soon followed including general stores, lumberyards, butcher shops, schools and a post office. Today Ellendale is home to approximately 673 residents.

MEDFORD

Settled in the mid 1800s, Medford began as an agricultural community founded by William Collins who named the community after the ship he was born on. Upon development, Medford continued to grow and now is the site of the Medford Outlet Center, a nationally recognized shopping center. Today Medford is home to approximately 1,222 residents.

OWATONNA (COUNTY SEAT)

The name Owatonna is derived from an Indian word meaning "straight river." Settlement began in the mid 1800s as stories of the ill Indian Princess Owatonna spread. Legend has it that she was cured by the healing waters of the straight river and many flocked to the area. By 1883, Owatonna was the site of the Minnesota State Fair and the Minnesota State School for Dependent and Neglected Children was constructed three years later. The community became the county seat and with roots in agriculture, the industry of the community is now diverse, with manufacturing outlets, retail centers, colleges and medical institutions. Today Owatonna is home to approximately 24,855 residents.

ACKMAN PARK

County Rd. 12 | Faribault
Located on 1 acre near Cannon and Wells Lakes, Ackman Park features a fishing pier, picnic areas and wildlife viewing.

ALBERS PARK

County Rd. 6 | Webster Township
Located on 6 acres near Union Lake, Albers Park features a reservable picnic shelter, boat launch, hiking trail, playground equipment, grills and wildlife viewing.

BEAVER LAKE PARK

County Rd. 28 | Ellendale
Located on 17 acres near Beaver Lake, Beaver Lake Park features a boat launch, fishing pier, swimming beach with beach house, volleyball courts, horseshoe pits, reservable picnic shelters, hiking trails, playground equipment and wildlife viewing.

CANNON RIVER WILDERNESS AREA

Hwy. 3 | Dundas
Located on 850 acres near the Cannon River, the Cannon River Wilderness Area features a campground, reservable picnic shelter, boat launch, hiking and equestrian trails, horseshoe pits and wildlife viewing.

CARON PARK

County Rd. 88 | Cannon City Township
Located on 60 acres, Caron Park features a waterfall, reservable picnic shelter, hiking trails and wildlife viewing.

CIRCLE LAKE PARK

County Rd. 1 | Forest Township
Located on 2 acres near Circle Lake, Circle Lake Park features a boat launch, fishing pier and wildlife viewing.

CRANE CREEK PARK

Hwy. 14 | Owatonna
Located on 4 acres, Crane Creek Park features a reservable picnic shelter, grills, softball field and wildlife viewing.

FAIRGROUNDS PARK

County Rd. 6 | Owatonna
Located on 22 acres, Fairgrounds Park features a reservable picnic shelter with grills, softball and baseball fields, picnic areas, concessions, volleyball court and playground equipment.

FALLS CREEK PARK

Hwy. 60 | Faribault
Located on 63 acres on Falls Creek, Falls Creek features a reservable picnic shelter, hiking trails and wildlife viewing.



HERON ISLAND BIRD SANCTUARY

County Rd. 64 | Erin Township

The Heron Island Bird Sanctuary serves as a conservation area for Great Blue Herons and American Eagle Egrets on Shields Lake.

HIRDLER PARK

Hwy. 21 | Erin Township

Located on 5 acres near Lake Mazaska, Hirdler Park features a reservable picnic shelter, lake access, playground equipment, horseshoe pits and wildlife viewing.

HOPE SCHOOL PARK

Hwy. 3 | Dundas

Located on 1 acre, Hope School Park features a reservable picnic shelter, schoolhouse, grill, softball field and wildlife viewing.

KALINA PARK

Hwy. 59 | Wheatland Township

Located on 1 acre near Phelps Lake, Kalina Park features picnic areas, lake access and wildlife viewing.

KING MILL PARK

Hwy. 3 | Faribault

Located along the Cannon River, King Mill Park features the King Mill Dam, fishing pier, reservable picnic shelter and wildlife viewing.

MCCULLOUGH PARK

County Rd. 64 | Erin Township

Located on 104 acres near Shields Lake, McCullough Park features a campground, picnic areas, lake access, horseshoe pits and wildlife viewing.

MINERAL SPRINGS PARK

Cherry St. NE | Owatonna

Located on 48 acres, Mineral Springs Park features reservable picnic shelters, horseshoe pits, volleyball courts, playground equipment and wildlife viewing.

NERSTRAND BIG WOODS STATE PARK

County Rd. 88 | Nerstrand

Located on 2,882 acres, Nerstrand Big Woods State Park features a campground, hiking and snowmobile trails, picnic areas, playground equipment, visitor center and wildlife viewing.

OWATONNA SKATE PARK

Cherry St. NE | Owatonna

The Owatonna Skate Park features equipment rentals and seasonal/daily passes for skateboarding and inline skating.

RICE LAKE STATE PARK

Rose St. | Owatonna

Located on 1,071 acres, Rice Lake State Park features a campground, picnic areas and wildlife viewing.

RIVER SPRINGS WATER PARK

St. Paul Rd. | Owatonna

The River Springs Water Park features water slides, lazy river, lily pad walk, volleyball court and an activity pool with water basketball.

SAKATAH LAKE STATE PARK

Hwy. 60 | Morristown

Located on 842 acres on Sakatah Lake, Sakatah Lake State Park features a campground, hiking trails, picnic areas, lake access and wildlife viewing.

SHAGER PARK

Hwy. 60 | Warsaw Township

Located on 3 acres near Cannon Lake, Shager Park features a campground, reservable picnic shelter, boat launch, fishing pier, swimming beach, hiking and snowmobiling trails and wildlife viewing.

VELZKE PARK

County Rd. 28 | Faribault

Located on 2 acres on Wells Lake, Velzke Park features picnic areas and wildlife viewing.

Did You Know..?

- Northfield's official town motto is "Cows, Colleges, and Contentment" because of past success in the dairy industry and two local colleges. In the 1970's, the motto was changed to "Northfield: A Special Place," but citizens mobilized to change it back.
- The first Rice County Courthouse was called one of the most magnificent buildings in the Northwest by a local newspaper of the time. All but two fireproof wings of the original courthouse were destroyed in a fire in 1931. Most of Faribault's records were preserved.
- In 1876, the Jesse James Gang, notorious for raiding trains and robbing banks for over a decade, attempted to rob Northfield's First National Bank. Northfield citizens ambushed the robbers from the hardware store and the second floor of a hotel and caught or killed all but two members of the gang. Four Northfield citizens were killed, and one received a shoulder gunshot wound.
- Scandinavian immigrants were influential in Rice County's history. Saint Olaf College was established by Lutheran Norwegians with the goal of preserving their cultural and religious heritage. Several notable 1880's churches which can still be seen today were also founded by Swedish and Norwegian immigrants.
- Faribault Woolen Mill Company, founded in 1892, was Minnesota's largest and longest-running wool mill. Rice County still produces famous wool.
- The city of Faribault was named after Alexander Faribault, half Dakota and half French-Canadian. Faribault used his knowledge of Dakota language and culture to improve relations between Native American tribes and European settlers. He also ran a successful trading post.
- The Minnesota State School for Dependent and Neglected Children was home to a total of 10,635 orphans between 1886 and 1945. Now the complex houses the Minnesota State Public School Orphanage Museum and several nonprofit organizations. Visit to see a video about the children and tour the grounds and cemetery.

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 Rice & Steele Counties:

BLOOMING PRAIRIE

B TO Z HARDWARE

323 Main St. E | Blooming Prairie | (507) 583-4469

DUNDAS

KMART #3777

404 Schilling Dr. | Dundas | (507) 645-8484

ELLEDALE

BEN'S BAIT BOX

303 5th Ave. W | Ellendale | (507) 688-3559

FARIBAULT

B & B SPORTING GOODS

405 Central Ave. | Faribault | (507) 334-6596

DONAHUE ACE HARDWARE

421 2nd Ave. NW | Faribault | (507) 332-7474

HOLIDAY STATIONSTORE #135

707 4th St. NW | Faribault | (507) 334-7789

HOY'S HIDE AWHILE RESORT

17000 Elmore Way | Faribault | (507) 334-7692

JOHN'S BAIT & TACKLE

19826 Roberds Lake Blvd. | Faribault | (507) 332-6787

LAKE COUNTRY CONVENIENCE & BAIT

15090 Shieldsville Blvd. | Faribault | (507) 384-7877

NAGEL'S LIVE BAIT

2030 7th St. NW | Faribault | (507) 334-8341

ROBERDS LAKE RESORT

18192 Roberds Lake Blvd. | Faribault | (507) 332-8978

WALMART #1657

150 Western Ave. | Faribault | (507) 332-0232

LONSDALE

LONSDALE HARDWARE & APPLIANCE

P.O. Box 79 | Lonsdale | (507) 744-2373

MEDFORD

BOB ANHORN'S SERVICE, INC.

216 Main St. S | Medford | (507) 451-1651

MORRISTOWN

AHLMAN GUNS

9525 230th St. W | Morristown | (507) 685-4243

NORTHFIELD

ARROW ACE HARDWARE

670 Water St. S | Northfield | (507) 645-0617

HOLIDAY STATIONSTORE #60

100 Water St. | Northfield | (507) 663-1151

OWATONNA

ARROW ACE HARDWARE

508 Cedar Rd. N | Owatonna | (507) 451-4966

CABELA'S RETAIL, INC.

3900 Cabela Dr. | Owatonna | (507) 451-4545

HOLIDAY STATIONSTORE #373

695 Bridge St. W | Owatonna | (507) 446-1061

MILLS FLEET FARM

2121 Bridge St. W | Owatonna | (507) 455-1285

OWATONNA TRUE VALUE

121 Oakdale St. | Owatonna | (507) 451-7978

RANDALL'S LICENSE BUREAU

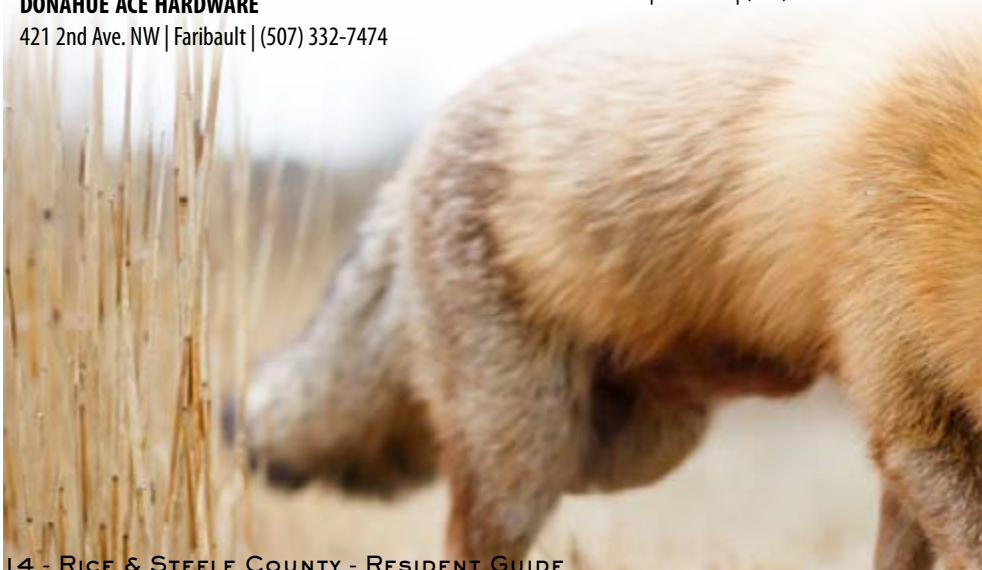
1825 Elm St. S | Owatonna | (507) 451-2040

STEELE COUNTY AUDITOR

630 Florence Ave. | Owatonna | (507) 444-7410

WALMART SUPERCENTER #982

1130 Frontage Rd. W | Owatonna | (507) 455-0049



LOCAL ATTRACTIONS

CABELA'S
3900 Cabela Dr. | Owatonna | (507) 451-4545

CARLETON COLLEGE
1 College St. N | Northfield | (507) 222-4000

COWLING ARBORETUM AT CARLETON COLLEGE
1 College St. N | Northfield | (507) 222-4543

DUNDAS DOG PARK
County Rd. 1 | Dundas | (507) 645-2852

FIRESIDE ORCHARD & GARDENS
225 Lonsdale Blvd. | Northfield | (507) 663-1376

GOODSELL OBSERVATORY AT CARLETON COLLEGE
1 College St. N | Northfield | (507) 222-4000

JAPANESE GARDEN AT CARLSON COLLEGE
1 College St. N | Northfield | (507) 222-4000

LITTLE THEATRE OF OWATONNA
560 Dunnell Dr. #A | Owatonna | (507) 451-0764

LORENCE'S BERRY FARM
28625 Foliage Ave. | Northfield | (507) 656-9749

MEDFORD SWIMMING POOL
25 NW 2nd St. | Medford | (507) 455-0193

NORTHFIELD ARENA
1280 Hwy. 3 S | Northfield | (507) 645-6556

NORTHFIELD ARTS GUILD
304 Division St. | Northfield | (507) 645-8877

NORTHFIELD HISTORICAL SOCIETY & MUSEUM
408 Division St. | Northfield | (507) 645-9268

NORTHFIELD OLD MEMORIAL PARK POOL
801 7th St. E | Northfield | (507) 645-1837

NORWEGIAN-AMERICAN HISTORICAL ASSOCIATION
1510 St. Olaf Ave. | Northfield | (507) 786-3221

OLD TRONDHJEM LUTHERAN CHURCH
8501 Garfield Ave. | Lonsdale | (507) 744-2310

OWATONNA ARTS CENTER & SCULPTURE GARDEN
435 Garden View Lane | Owatonna | (507) 451-0533

PARSON'S ELK RANCH
2431 50th St. NE | Owatonna | (507) 451-1632

ST. OLAF COLLEGE
1520 St. Olaf Ave. | Northfield | (507) 786-2222

SCIENCE CENTER AT MALTBY NATURE PRESERVE
789 Sciota Trail E | Randolph | (507) 664-0770

SERENGETI WATER PARK
2365 43rd St. NW | Owatonna | (507) 446-8900

STANTON AIRFIELD
1235 Hwy. 19 | Stanton | (507) 645-4030

STATE SCHOOL ORPHANAGE MUSEUM
540 Hills Circle W | Owatonna | (800) 423-6466

VILLAGE OF YESTERYEAR
1448 Austin Rd. | Owatonna | (507) 451-1420

PIONEERING S.N. SCHOOLS

Rice County's Faribault is home to three of the earliest American schools for children with disabilities. Faribault's special education pioneers held high hopes and expectations for special needs students at a time when few others did.

The Braille and Sight Saving School, now known as the Minnesota State Academy for the Blind, was founded in Faribault in 1883. Before the school's founding, blind students who could not succeed at public schools were simply expelled. The idea that disabled students with similar disabilities should learn in schools specially tailored to their needs, instead of being judged hopeless and helpless or grouped with students who had unrelated disabilities, was new and powerful.

In 1897, Minnesota passed its first law requiring education services for the mentally disabled. Three years later, the Faribault Regional Center was founded for the education of mentally disabled students. The school's name changes throughout the years indicate changing attitudes about the mentally disabled. It was founded as the School for Idiots and Imbeciles, renamed as the Minnesota Institute for Defectives, renamed a second time as the School for Feeble-Minded and Colony for Epileptics, and finally became known as the Faribault Regional Center until its closure in 1998.

Laura Baker taught at the Faribault State School for the Feeble-Minded in its early days. At the School for the Feeble-Minded, little effort was made to teach mentally disabled students practical skills. Baker, who believed in the children's ability to learn, left her job there to found her own progressive boarding school for mentally disabled children in 1898. In her own boarding school, Baker created a more comfortable, family-style environment to help her students develop a sense of community and increase their opportunities.

Visit a memorial commemorating the Minnesota State Academy for the Blind and the Laura Baker Boarding School in Faribault to learn more about the city's influence on special needs education.

Operating Watercraft

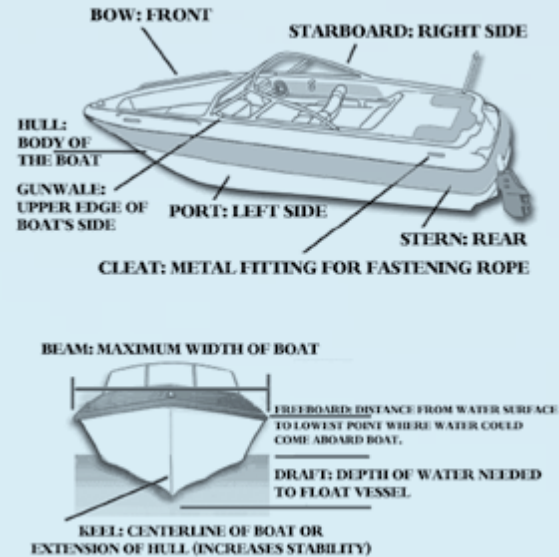
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

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



All Watercraft...

- MUST HAVE AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:
 - IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
 - ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
 - A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
 - ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.

TORNADO SAFETY

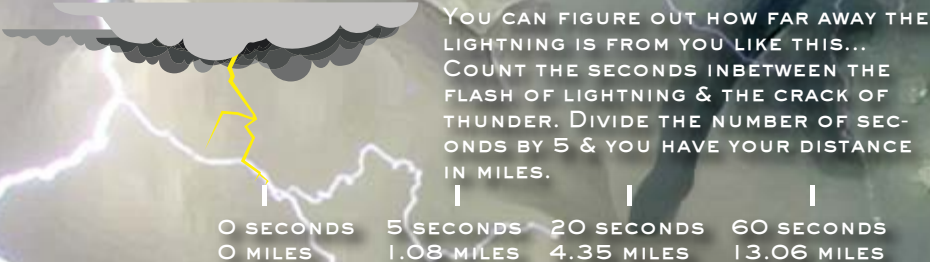
Precautions:

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

Things to Look and Listen For:

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

Lightning Distance Tracker



Do Not Open Your Windows!

WORLD'S FINEST FLOUR MILLS

John and George Archibald founded Rice County's Dundas city in 1867, naming it after their hometown – Dundas – in Ontario, Canada. At the time, Rice County was filled with prestigious flour mills that produced some of the highest quality flour in the nation. The Archibald family's mill on the Cannon River was the most famous of them all.

Farmers journeyed hundreds of miles to process their wheat at Archibald Mill because it produced the finest quality flour around. Archibald Mill flour, known as "Extra," was both nationally and internationally renowned, and sold for several dollars more per bushel than other competing flours.

George H. Christian, a flour broker from La Crosse, set out to learn the secret of Archibald Mill's technique. He befriended Archibald and took careful note of every mention of his flour mill. What he found is described in Paul R. Fossum's *Early Milling In the Cannon River Valley*:
 "...As the story of Archibald's process was pieced together, it became evident that the key to his success was the La Croix purifier combined with the method of setting the stones high, so as only to crack the berry, and of running the middlings through a series of stones each set a little closer than the last and all run at less than half the ordinary speed. This produced an even, white flour of the smoothest and finest kind with a minimum of offal."

Along with the Archibald Mills' incredible success came devastating challenges. A fire destroyed the mills in 1892, and a second fire ravaged the reconstructed mills in 1914. When business started to decline, the Archibalds sold their famous mills to a group in Minneapolis in 1930. Their patents were sold to America's current grain monopoly, General Mills, and the mills themselves were abandoned during construction, where they still lie in ruins on the Cannon Riverfront.

Visit the castle-like ruins of Archibald Mills in Dundas, and read more about Rice County's milling industry in Fossum's *Early Milling In the Cannon River Valley*, available online.

How would you use Archibalds' "Extra" flour?

Submit your best recipe for a chance to be published in our upcoming guides! Send your name, phone number, email address, and scrumptious recipe to: info@lincolnmarketing.us.

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.*

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.*

COMMON FISH SPECIES

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

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

03/01/13 - 03/31/13; 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

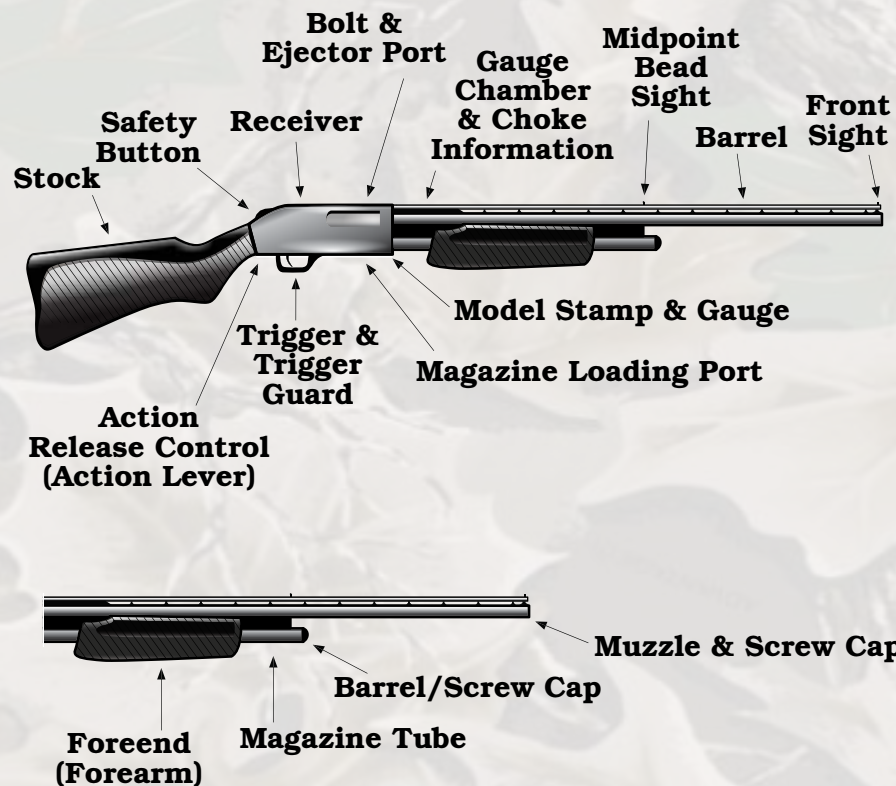
(South Zone) 11/02/13 - 01/05/14

BOBCAT

11/30/13 - 12/05/13

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

HUNTING SAFETY



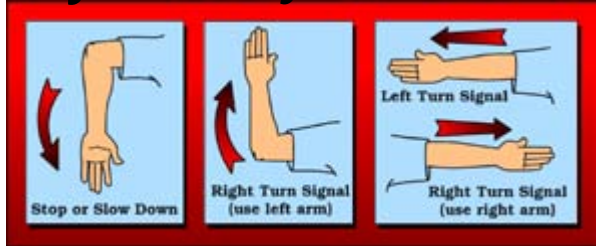
All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.

Here are 5 Suggestions for a safe and successful hunting experience:

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

RECREATIONAL SAFETY

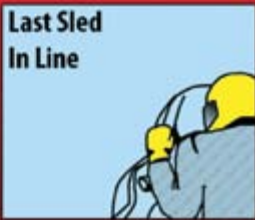
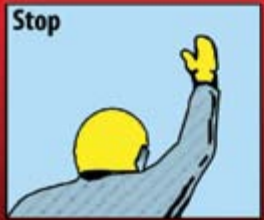
Bicycle Hand Signals



Snowmobile Hand Signals

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

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



ATV SAFETY



Read the owner's manual

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

Know Your ATV

Drink lots of Water!

- 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.

Be Cautious of Other Bikers

PRIVATE PROPERTY
NO TRESPASSING

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on

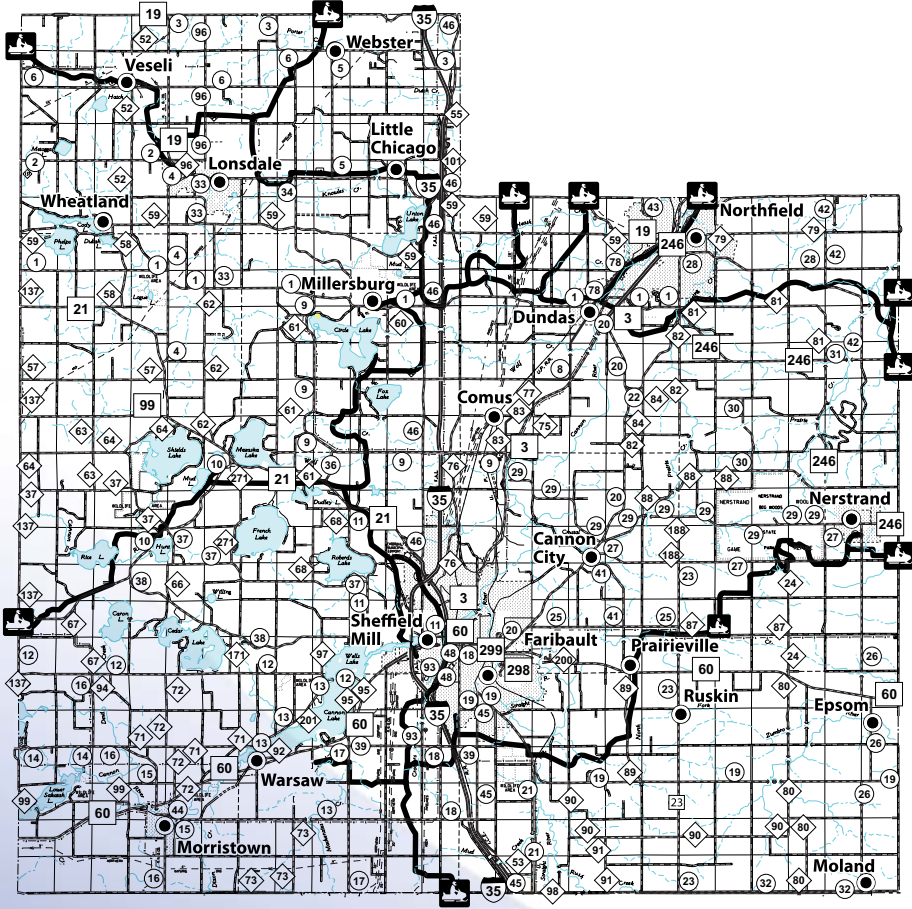
all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATVs on county roads or state highways.

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

Slow Down!

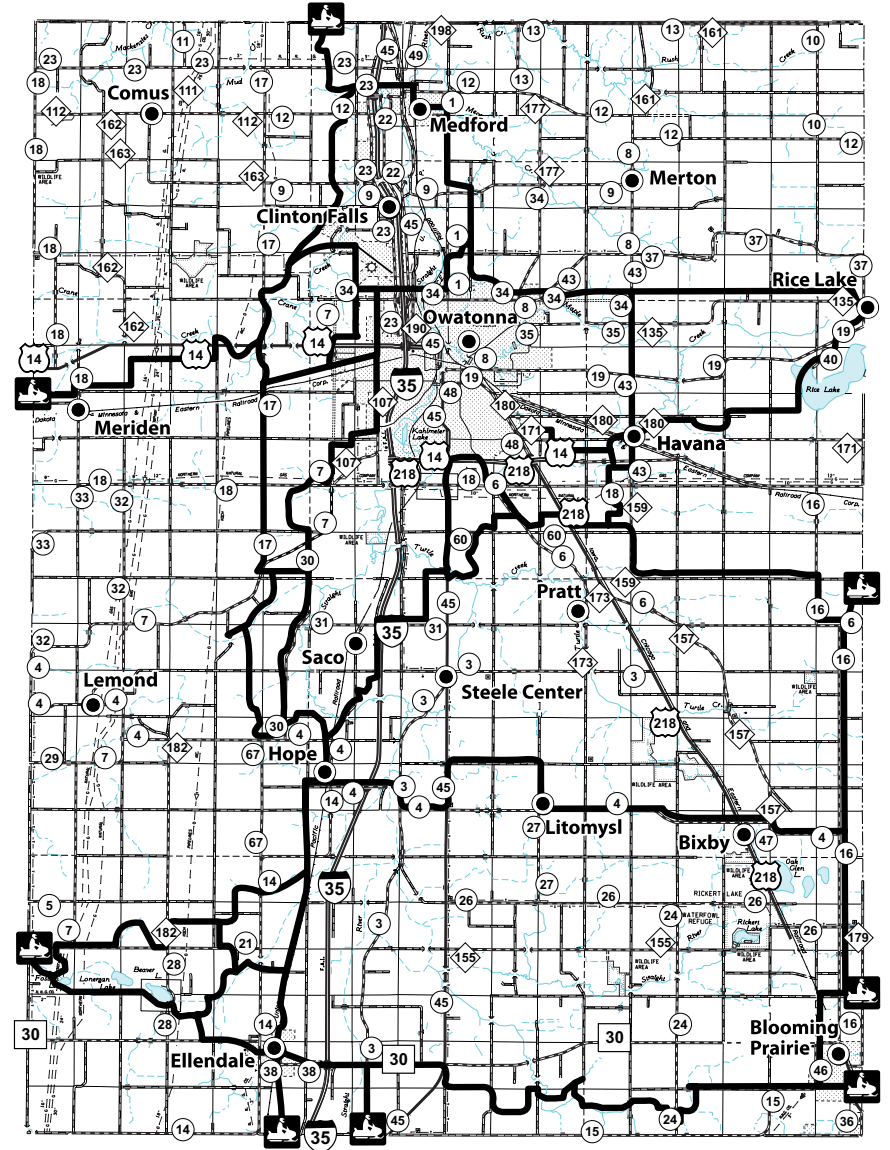
Snowmobiling is fun. Going to the hospital isn't.

RICE COUNTY



Snowmobile Trails

STEELE COUNTY



Snowmobile Trails

SAFETY TIPS

PARENTS:

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

KIDS:

FIRE SAFETY

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

HOME ALONE

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



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

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



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.

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

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.

Shop • Dine • Play • Stay



LOCALLY

...and support
the community
you live in!

MILITARY MEMBERSHIP



Sam's Club is proud to introduce our Military Membership, all new and renewing members of the Armed Forces will receive a \$15 Gift Card

Rochester Sam's Club #6427
3410 NW 55th St
Rochester, MN 55901
(507) 281-8355

www.samsclub.com