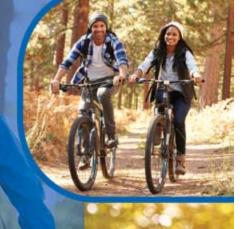
Stearns County Minnesota

Resident Guide FREE



- Local Events
- Residential Services
- Area History
- Parks & Rec. Info
- Local Attractions
- Hunting & Fishing Seasons
- DNR License Centers
- Outdoor Recreation Trails









Scan QR Code for Digital Copu





Formerly

PLUMBING • HEATING • A/C



SEWER CLEANING

PUMPING

Fast Friendly Service

SEPTIC MAINTENANCE

36058 HWY. 238 / ALBANY, MN 56307

Contractors License # BC647302

Licensed & Insured

Siding • Roofing • Windows • Metal Roofing Asphalt Shingles • Pole Buildings • Lean-To's

31008 570th Ave. Grove City, MN 56243

Brian Miller • Jeff Chupp

bandivalleyconstruction@gmail.com





Proud sponsor of Children's Miracle Network!

Drive-Thru

ALBANY DAIRY QUEEN 320-845-2960 331 7th St. S . Albany, MN

PAYNESVILLE DAIRY QUEEN 320-243-4676 823 W. Minnesota St. W • Paynesville, MN



SUPERCENTER

205 12th St. S. Sauk Centre, MN 56378

320-352-7954

www.walmart.com



TABLE OF CONTENTS

2-3	Local Area Events
4	Resident Services
6	Stearns County History
7-9	Stearns County Communities
14	Parks & Recreation
15	Hill Museum & Manuscript Library
16	Local Area Attractions
18-19	Minnesota Hunting Seasons
20-21	DNR License Centers
22-23	Minnesota Fishing Seasons
30	Bicycle Trails and Disc Golf Locations
31	Snowmobile Trails

Scan the QR Code to go to the county page.



This free publication is made possible by the advertisers and other local agencies and may not be reproduced. Please support the local advertisers on this publication.

Comments and/or suggestions may be directed to: info@lincolnmarketing.us

View this publication online at www.LincolnMarketing.us

LOCAL AREA EVENTS

JANUARY

Festival of Lights | St. Cloud Moonlight Ski | St. Cloud Annual Sons of Norway Barnelopet | St. Cloud Breakfast Club — Red Wing to Hong Kong | St. Cloud Tour De Danse | St. Cloud Dancing with Many Voices | St. Cloud Moonlight Ski - Cross Country Skiing | St. Cloud Craft Beer Tour | St. Cloud

FEBRUARY

Youth Choir Festival | St. Cloud
Gingerbread Arts & Crafts Show | St. Cloud
Saint Cloud Sportsmens Boat, Camping and Vacation
Show | St. Cloud
Central MN Wellness Expo | St. Cloud
Boat Show | St. Cloud
Farm Show | St. Cloud
Snowmobile Cancer Ride | Richmond
Ice Fishing Derby | Rockville

MARCH

March Madness | Cold Spring Empty Bowls Soup Sampler Benefit | St. Cloud Granite City Train Show at Armory | Cottage Grove Memories in Miniature | St. Cloud Takin' it to the Streets at Paramount | St. Cloud Home Show at Convention Center | St. Cloud Research Workshop at History Museum | St. Cloud

APRIL

Earth Day 1/2 Marathon | St. Cloud Chocolate Fantasy | St. Cloud iRock Run 5k | Cold Spring Central MN Car Show | St. Cloud Memories in Miniature | St. Cloud Research Workshop at History Museum | St. Cloud

MAY

Apple Duathlon | Sartell Memories in Miniature | St. Cloud National Police Week | St. Cloud Research Workshop at History Museum | St. Cloud City Wide Clean-Up Day | Richmond

JUNE

Rapids River Days | Sauk Centre
Downtown Art Crawl | St. Cloud
Granite City Days | St. Cloud
Home Tour & Wine Tasting | St. Cloud
SummerFest | Sartell
Waite Park Family Fun Fest
Research Workshop at History Museum | St. Cloud
Memories in Miniature | St. Cloud
Spunktacular Days | Avon
River Lake Days | Richmond

Hometown Pride Days | Cold Spring

JULY

Rock-Fest | Rockville Stearns County Fair | Sauk Centre Sidewalk Sale & Crazy Days | St. Cloud Annual St. Cloud Fireworks Church of St. Joseph Parish Festival Wine Tasting | St. Joseph St. Cloud Air Show Research Workshop at History Museum | St. Cloud Memories in Miniature | St. Cloud River Lake Days | Richmond Pie Baking Contest & Ice Cream Social | Richmond Music in the Park | Richmond Evening in Food, History & Heritage | Richmond Draft Horse Show | Richmond Area Garage Sales Begin | Richmond Parade & Fireworks | Richmond Breakfast at the Parish Center | Richmond

AUGUST

Rock N' Block Party | Sartell
Take A Day Off On the Mississippi River | Sartell
St. Cloud Antique Auto Club
MN Bluegrass & Old-Time Music Festival | St. Cloud
St. Cloud Antique Auto Club Car Show & Swap Meet
National Night Out | St. Cloud
Research Workshop at History Museum | St. Cloud
Memories in Miniature | St. Cloud
Heritage Days | Albany

SEPTEMBER

CMBA Fall Tour of Homes | St. Cloud St. Mary's Cathedral Block Party | St. Cloud Little Falls Arts & Crafts Fair St. Cloud Pride Fest Millstream Arts Festival | St. Joseph National Crime Prevention Month | St. Cloud Research Workshop at History Museum | St. Cloud Memories in Miniature | St. Cloud Pioneer Days | Albany

OCTOBER

Quilt Show | St. Cloud
OktoberFest | St. Joseph
Fall Festival | Sauk Centre
Research Workshop at History Museum | St. Cloud
Memories in Miniature | St. Cloud
Molitor's Haunted Acres | Sauk Rapids
Extreme Zombie Paintball Shoot | St. Joseph

Storybook Christmas Boutique | St. Cloud Research Workshop at History Museum | St. Cloud Memories in Miniature | St. Cloud Rythmic Circus | St. Cloud Art Crawl | St. Cloud

DECEMBER

Winter Nights & Lights Parade | St. Cloud Research Workshop at History Museum | St. Cloud Memories in Miniature | St. Cloud Santa Fun Run | St. Cloud

NOVEMBER



For all your excavation needs, give us a call today. SERVING PAYNESVILLE AND SURROUNDING AREAS

We specialize in septic systems, designing, installation and repair.

BACKHOE • DOZER • SKIDLOADER • DEMOLITION
CUSTOM HAULING • TILING • SNOW REMOVAL
LANDSCAPING • BASEMENTS • DRIVEWAYS

13201 State Hwy. 55 NE • Belgrade, MN 56312 Joe Beier 320-243-3373 • Shawn Sheets 320-248-1499

Residential Services

Administration	(320) 656-3620
Assessor	656-3680
Auditor/Treasurer	656-3900
Building Facilities	656-3611
Corrections	656-6150
County Attorney	656-3880
County Commissioners	656-3601
Emergency Management	259-3940
Environmental Services	656-3613
Extension Service	255-6169
Human Resources	656-3606
Human Services	656-6000
Information Technology	656-6050
Parks & Recreation	255-6172
Public Health	656-6155
Public Works	255-6180
Recorder	656-3855
Sheriff	259-3700
Veterans Services	656-6176



LOUNGE LOUNGE

(320) 558-2199

Open

10am-2am

Daily

Homemade Pizza

Daily Drink Specials

Pull Tabs # B02167

945 State Hwy-24 Clearwater, MN 55320





Bor & Grill

320-236-5151



facebook

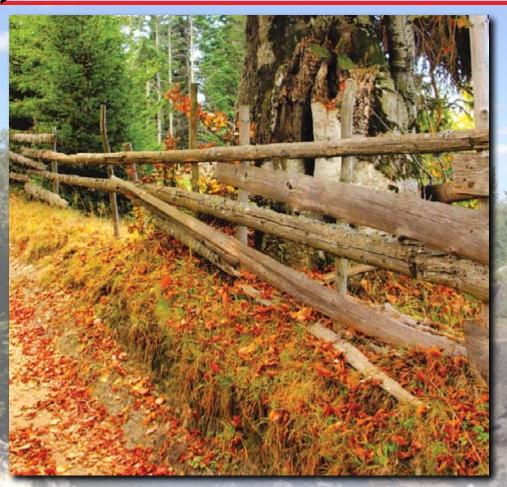
Hours.

Mon-Thurs: 10am-1am Fri, Sat & Sun: 8am-1am

430 Oak Ave. South South Haven, MN 55382

STEARNS COUNTY HISTORY

STEARNS COUNTY COMMUNITIES



efore settlement, Stearns County was home to the Dakota, Sioux, Chippewa and Ojibwa tribes. In the 1800s, explorers began arriving and many fur trading posts were established. In the 1850s, many immigrants settled in the Stearns area for its fertile soil and were involved in agriculture. Officially established in 1855, Stearns County was originally named Stevens County after Gov. Isaac I. Stevens. The name was later changed to Stearns to honor Territorial Council member Charles T. Stearns, an active participant in the founding of the county. St. Cloud was designated the county seat in the 1860s, and many efforts were made by the county government to build roads, bridges and schools and assist residents. In 1913, an attempt was made to move the county seat to Albany, but due to a lack of signatures on the petition, St. Cloud would remain the home of Stearns County affairs. Today Stearns County is home to approximately 147,076 residents.

CITIES:

ALBANY – pop. 2,113

AVON – pop. 1,315

BELGRADE - pop. 714

BROOTEN – *pop.* 616

COLD SPRING – *pop. 3,751*

EDEN VALLEY – pop. 954

ELROSA – *pop.* 178

FREEPORT – *pop.* 469

GREENWALD – pop. 177

HOLDINGFORD – *pop. 723*

KIMBALL – *pop. 704*

LAKE HENRY – pop. 86

MEIRE GROVE — pop. 144

MELROSE – *pop. 3,145*

NEW MUNICH – pop. 344

PAYNESVILLE – pop. 2,262

RICHMOND – *pop.* 1,268

ROCKVILLE – *pop. 2,530*

ROSCOE – *pop.* 108

ST. ANTHONY - pop. 79

ST. AUGUSTA – *pop. 3,065*

ST. CLOUD (COUNTY SEAT) – *pop.* 67,136

ST. JOSEPH – pop. 6,114

ST. MARTIN – *pop. 283*

ST. ROSA – *pop. 46*

ST. STEPHEN – *pop.* 803

SARTELL – *pop.* 13,915

SAUK CENTRE – *pop. 3,945*

SPRING HILL – pop. 49

WAITE PARK – *pop.* 6,796

TOWNSHIPS:

ALBANY – pop. 1,473

ASHLEY – *pop. 287*

AVON – pop. 2,341

BROCKWAY – *pop.* 2,504

COLLEGEVILLE – pop. 3,483

CROW LAKE – *pop.* 370

CROW RIVER – pop. 387

EDEN LAKE – *pop. 1,579*

FAIR HAVEN - pop. 1,604

FARMING – *pop.* 1,089

GETTY – *pop.* 440

GROVE – *pop. 535*

HOLDING – *pop.* 1,153

KRAIN – *pop.* 926

LAKE GEORGE – pop. 388

LAKE HENRY – pop. 371

LE SAUK – *pop. 1,685*

LUXEMBURG – pop. 704

LYNDEN – *pop.* 1,871

MAINE PRAIRIE – pop. 1,764

MELROSE – *pop.* 886

MILLWOOD – *pop. 982*

MUNSON – *pop.* 1,472

NORTH FORK – pop. 289

OAK – pop. 640

PAYNESVILLE – pop. 1,533

RAYMOND – *pop.* 302

ST. JOSEPH – pop. 2,281

ST. MARTIN – pop. 509

ST. WENDEL – *pop. 2,242*

SAUK CENTRE – pop. 1,085

SPRING HILL – pop. 475

WAKEFIELD – *pop. 2,915*

ZION – *pop.* 493

^{*}Populations are approximate.

STEARNS COUNTY COMMUNITIES

ALBANY

Albany was first settled in 1863 and the area was originally known as Schwinghammer Settlement. As the railroad arrived in 1871, the community was renamed Albany after Albany, New York, from where many settlers originated. Albany was incorporated in 1890 and the area has continued to thrive. Today Albany is home to approximately 2,113 residents.

COLD SPRING

The first settlers, mostly of German descent, traveled along the Red River Oxen Trail, where they rested and stopped near present day Cold Spring. Settlers were attracted to the area because it resembled the German countryside. Cold Spring was established in 1856 and today is home to approximately 3,751 residents.

COLLEGEVILLE

Collegeville Township is named such because it is where Saint John's University is located. Saint John's is a private liberal arts, men's college that has a relationship with the College of Saint Benedict, a women's college in the neighboring town of St. Joseph, allowing students to take courses on both campuses. Saint John's was founded in 1857 by the monks of Saint John's Abbey.

MELROSE

The first settlers arrived in the 1850s as two brothers, Warren and Napoleon Adley, established a homestead on the Sauk River. By 1867, a hotel, stage coach station, post office and school had been built and the city was incorporated in 1887. It was named after Melrose, Scotland, the area the Adley brothers originated from. Today Melrose is home to approximately 3,145 residents.

PAYNESVILLE

Paynesville was named after its first settler, Edwin E. Payne, who arrived to the area in 1857 and served as its first postmaster. Payne platted streets and businesses were established and the area began to prosper. Paynesville was incorporated in 1887 and railroad development sparked growth. Today Paynesville is home to approximately 2,262 residents.

RICHMOND

The city of Richmond was founded in 1890, in the middle of what is known as The Horseshoe Chain of Lakes. There are 40 lakes within a 10 mile radius of Richmond, which provides residents and visitors with easy access to a wide variety of outdoor activities. Today Richmond is home to approximately 1,268 residents.

ST. CLOUD (COUNTY SEAT)

Once a way station on the Red River Trails, St. Cloud developed from three separate settlements and unified to offset hardship. The city was incorporated in 1856 and is named after the Parisian suburb, Saint Cloud, by John Wilson. Since the 1880s, granite quarries have operated in St. Cloud, deeming the area "Granite City." Today St. Cloud is home to approximately 67,136 residents.

ST. JOSEPH

As many travelers and explorers arrived to the area, St. Joseph began as a German settlement in 1854. It is home to the world's only operating Schwalbach Mechanical Clock which was built in 1906 by Mathias Schwalbach. Schwalbach was a master clock tower builder from the Rhine country and his clock can be found in the Church of St. Joseph. Today St. Joseph is home to approximately 6,114 residents.

SARTELL

Sartell was once known as the "Third Rapids," named by a French fur trader. In 1854 Joseph B. Sartell arrived to the area and opened a flour mill on the Watab River. In the 1880s, along with his brothers, Joseph B. Sartell opened the Sartell Lumber Company. In 1907, Sartell was incorporated and named after its founder. Today Sartell is home to approximately 13,915 residents.

SAUK CENTRE

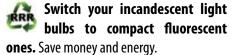
In 1857, Alexander Moore and other settlers staked out the boundaries of what would become Sauk Centre. A dam was built that same year and the city grew around the logging and milling industry on the river. Sauk Centre was incorporated as a village in 1876. The city is home to Sinclair Lewis, a world-famous novelist and America's first winner of the Nobel Prize for literature. Today Sauk Centre is home to approximately 3,945 residents.

WAITE PARK

Development in Waite Park began in the 1840s as travelers crossed the Sauk River. Once known as Waite's Crossing, Waite Park is named after Henry Chester Waite of St. Cloud. Waite was a landowner, attorney, statesman and entrepreneur who became Minnesota's first attorney. In 1983 Waite Park was incorporated as a village. Today Waite Park is home to approximately 6,796 residents.



Recycle as much as you can. Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.



Bring your own reusable shopping bags with you to the supermarket or the mall.

Donate your unwanted clothing to a local charity. Eyeglasses, household items, electronics and even vehicles can be accepted.

Recycle your used ink and toner cartridges. Most office supply stores accept used cartridges.

Recycle your used batteries. This prevents poisonous mercury from seeping into our water supplies and soil. Switch to rechargeable ones.

Switch to unbleached toilet paper, paper towels and coffee filters. Avoiding bleached products can help preserve our water supply and soil.

Unplug any unused appliances.

Your cellphone charger uses electricity, even when your phone isn't charging - especially if you are not going to be home.

Bring your own lunch. You'll avoid using non-recyclable styrofoam togo containers and unnecessary throw-away packaging.

Start a compost bin in your yard. There are even ones that you can store under your kitchen sink.

Be crafty. Let old items be an inspiration for a craft project and repurpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts an bolts.

Have a green-cleaning product party. Invite your friends over to make enough vinegar-based homemade cleaners to share.

Run your washer/dryer/dishwasher after 5pm. This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent blackouts.

🕰 Reduce - Reuse - Recycle



TERRY OEHRLEIN

Commercial • Residential • Agricultural Trenching • Underground Work

III County Road 10, PO Box 476 Albany, MN 56307

Phone: 320-845-4789 Toll Free: 800-450-3459 Fax: 320-845-4920

E-mail: kelly@jtelectricservice.com

TORNADO SAFETY

Precautions:

- Know where you can take shelter in seconds.
- · Have a place, everyone knows, to go to after
- THE STORM HAS PASSED.
- FLYING DEBRIS IS THE BIGGEST DANGER DURING A TORNADO. YOUR SHELTER SPACE SHOULD HAVE MATTRESSES OR THICK BLANKETS AROUND, TO PROTECT YOURSELVES.
- DO NOT OPEN YOUR WINDOWS TO TRY &
 "EQUALIZE THE PRESSURE." THIS ONLY MAKES IT
- EASIER FOR DEBRIS TO INJURE YOU.
 ALSO, STAY AWAY FROM WINDOWS!

Things to Look and Listen For:

- · Constant rotation of the clouds base.
- · Flying/Rotating Debris under the cloud.
 Tornados Don't Always have a visible funnel.
- Heavy Rain or Hail followed by either by an eerie Calm in the storm or Rapid wind changes & shifts.
- LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

Lightning Distance Tracker

You can figure out how far away the lightning is from you like this...

Count the seconds inbetween the flash of lightning & the crack of thunder.

Divide the number of seconds by 5 & you have your distance in miles.

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

DO TO Upen Your Windows!

Valley Inn

198 State St. N Downtown Eden Valley 320.453.6480

Stop Inn Anytime at the Valley Inn!
Located just off of Hwy 55, the Valley Inn
is your place for food, fun & friends!

FEATURING:

- Daily breakfast, lunch & dinner specials, Fresh rolls & desserts, Homemade pizza & Friendliest wait staff around!
- Dart Boards, Touch Tunes, Video Games, ATM & Charitable Gambling/Pull Tabs sponsored by Eden Valley Lions
- Check out our huge patio, too! It's screen enclosed to keep Minnesota's native bird, the mosquito, at bay. And we'll have the Twins too!
- Electronic Pull Tabs
- Meat Raffle Saturdays at 2 pm
- Bingo Tuesdays at 7 pm
- Full service bar on the patio

Kitchen Hours Bar Hours Happy Hour

Mon - Sat 7:30AM - 10PM Mon - Sat 8AM - 2AM Mon - Fri 3 - 7PM Sun: 8:30AM - 9PM Sun: 10AM - ? Sat 10AM - NOON

VALLEY LIQUOR WAREHOUSE

405 Meeker Ave. Hwy 55

Hours: Mon - Wed. 10 AM - 10 PM Thur. - Sat. 9 AM - 10 PM
Warehouse shopping with hometown service! If you can't find it just ask us
Kegs | Liquor | Beer | Wine | Ice | Tobacco | MN Lottery & more

HEIMS MILL CANOE ACCESS

32324 County Rd. 1 | St. Cloud Heims Mill Canoe Access provides access to the Sauk and Mississippi Rivers and features a picnic area with a grill. Visitors can enjoy bird watching and fishing.

LAKE KORONIS REGIONAL PARK

14076 Bluefield Rd. | Paynesville Located on 312 acres, Lake Koronis Regional Park features a boat access, picnic area with shelter, play area, swimming beach, campground and walking trails.

LAKE SYLVIA WAYSIDE & ACCESS

32574 County Rd. 17 | Melrose Located on three acres, Lake Sylvia Wayside and Access features a boat launch with fishing pier and picnic areas with tables and grills.

MAYHEW LAKE PARK

8996 30th Ave. NE | Sartell Located on 4.4 acres near Mayhew Lake, Mayhew Lake Park features picnic tables, lake access and a fishing pier.

MILLER LANDING

7502 County Rd. 138 | St. Cloud Miller Landing features canoe access to the Sauk River and a picnic site with a grill.

QUARRY PARK & NATURE PRESERVE

1802 County Rd. 137 | Waite Park Quarry Park and Nature Preserve is a unique park featuring granite reflecting pools, trails for biking, skiing and walking, a swimming hole, and excellent trout fishing.

ST. MARTIN CANOE ACCESS

27427 Sauk Landing Rd. | Paynesville The St. Martin Canoe Access provides canoe access to the Sauk River. The St. Martin Jaycee Park is located nearby that features a ball field.

SPRING HILL COUNTY PARK

31938 County Rd. 14 | Melrose Located on 82 acres, Spring Hill Park features an open-air shelter, horseshoe pits, play area, canoe access, nature areas, canoe camping sites and trails.

UPPER SPUNK LAKE COUNTY PARK

17626 County Rd. 9 | Avon Located on 7 acres, Upper Spunk Lake County Park features picnic areas with grills, canoe launch and shoreline fishing.

WARNER LAKE COUNTY PARK

1485 Country Rd. 143 | Clearwater Located on 241 acres, Warner Lake County Park features an open-air shelter, picnic shelters, camping facilities, swimming beach, boat launch, fishing pier, play area and yearround trails for cross-country skiing, biking and walking.

SAINT JOHN'S UNIVERSITY, COLLEGEVILLE, MINNESOTA

Fire. Flood. Theft. War. Forces such as these have threatened manuscripts ever since these integral pieces of our cultural history have existed. Shortly after World War II, a war that was especially catastrophic for manuscripts, Saint John's University in Collegeville, Minnesota, took a bold and visionary step to create a new library dedicated to preserving the fate of priceless manuscripts held in monasteries and libraries. Teams from this non-profit facility, the Hill Museum & Manuscript Library (HMML), have been photographing manuscript collections across Europe, Ethiopia, the Middle East, and south India ever since.

HMML's mission is to identify, digitally photograph, catalog, and archive endangered manuscripts belonging to threatened communities around the world. Having formed partnerships with more than 480 libraries and archives, HMML has photographically preserved over 125,000 medieval, renaissance, and early-modern manuscripts. These resources have become essential tools for global manuscript research, and are available through HMML's online catalog, OLIVER, and image database, *Vivarium*.

By contrast, HMML is also home to one of the world's newest manuscripts—*The Saint John's Bible*. Entirely handwritten with quills on calfskin vellum and illuminated with gold leaf, *The Saint John's Bible* is the first Bible of its kind to be commissioned by a Benedictine Abbey in more than 500 years. After more than ten years of continuous work by a team of scribes and artists in Wales, the project was completed in 2011. Select original pages from *The Saint John's Bible* are always on display at HMML, and reproduced editions of all seven volumes—as well as fine art prints, note cards, and other books produced from the beautiful imagery—are available at the HMML gift shop and online at www.saintjohnsbible.org/store.

Visitors are always welcome at HMML and are encouraged to view *The Saint John's Bible* exhibition as well as rare books, manuscripts, and related artwork that rotate on display throughout the year. The gift shop is full of seasonally relevant items that in turn support the costs of the organization. Donations fuel the digitization, archiving, and cataloging of endangered manuscript collections, and help HMML make these digitized materials freely available to users throughout the world. Visit www.hmml.org to learn more.

*Courtesy of the Hill Museum & Manuscript Library.

AREA ATTRACTIONS

A MAZE'N FARMYARD

57649 Hwy. 55 | Eden Valley | (320) 453-6901

ASSUMPTION CHAPEL

23010 Chapel Hill Dr. | Cold Spring | (320) 685-4186

CATHEDRAL OF SAINT MARY

25 8th Ave. S | St. Cloud | (320) 251-1840

CENTRAL MINNESOTA COMMUNITY THEATER

913 West St. | St. Cloud | (320) 259-0250

CLEMENS GARDENS

1301 Kilian Blvd SE | St Cloud | (320) 257-5959

GRANITE TRIO

600 Germain St. W | St. Cloud | (320) 257-8600

HERITAGE NATURE CENTER

225 33rd Ave. S | St. Cloud | (320) 255-7255

KIMBALL GOLF CLUB

11823 Co. Rd. 150 | Kimball | (320) 398-2285

MILL DAM

100 5th Ave. E | Melrose | (320) 256 -7174

MN AMATEUR BASEBALL HALL OF FAME

1325 10th Ave. N | St. Cloud | (320) 252-8227

MUNSINGER & CLEMENS GARDENS

Riverside Dr. & 13th St. SE | St. Cloud | (320) 255-7238

NATIONAL HOCKEY CENTER

720 4th Ave. S | St. Cloud | (320) 255-3327

PAN MOTOR COMPANY

2117 251st St. | St. Cloud | (320) 257-9933

PARAMOUNT THEATRE & VISUAL ARTS CENTER

913 Germain St. W | St. Cloud | (320) 259-5463

PAYNESVILLE PIONEER HOUSE

251 Ampe Dr. | Paynesville | (320) 243-7547

PIONEER PLACE ON FIFTH THEATRE

22 5th Ave. S | St. Cloud | (320) 203-1233

ST. CLOUD CIVIC CENTER

10 4th Ave. S | St. Cloud | (320) 255-7272

ST. CLOUD RIVER BATS BASEBALL

5001 Veterans Dr. | St. Cloud | (320) 240-9798

ST. CLOUD SYMPHONY ORCHESTRA

819 Germain St. W | St. Cloud | (320) 252-7276

SAND PRAIRIE EDUCATION AREA

Hwy. 10 | St. Cloud | (320) 255-4279

SINCLAIR LEWIS' BOYHOOD HOME

812 Sinclair Lewis Ave. | Sauk Centre | (320) 352-5201

STEARNS COUNTY COURTHOUSE

725 Courthouse Square | St. Cloud | (320) 656-3620

SUMMERLAND FAMILY FUN PARK

Hwy. 23 E | St. Cloud | (320) 251-0940



PIZZA!

DINE IN OR

CARRY OUT

Full Bar • Great Food

Happy Hour Specials (Sunday-Friday 3-6pm)

1225 Timberlane Drive, Sauk Centre, MN Located at the intersection of I-94 & Hwy 71 between St. Cloud and Alexandria elmerz@elmerz.biz • 320-352-4243

www.elmerz.biz facebook

Open Mon-Sat. at 11:00 a.m. Sun. at 11:00 a.m.



HUNTING SEASONS

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/dates:

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.

09/17/16 - 02/28/17 Small Game - Rabbits, Squirrels season

10/15/16 - 03/15/17 Raccoon, Red Fox, Gray Fox, Badger, Opossum (North) Hunting & Trapping

10/22/16 - 03/15/17 Raccoon, Red Fox, Gray Fox, Badger, Opossum (South) Hunting & Trapping

10/29/16 - 05/15/17 Furbearer Trapping - Beaver - south zone

10/29/16 - 02/28/17 Furbearer Trapping - Mink and Muskrat north zone

10/29/16 - 05/15/17 Furbearer Trapping - Beaver - north zone

10/29/16 - 02/28/17 Furbearer Trapping - Mink and Muskrat-south zone

03/01/17 - 04/30/17 Goose-Spring Light Goose conservation action

03/01/17 - 03/31/17 Crow Hunting (2nd season)

04/12/17 - 04/18/17 Spring Turkey "A" season (lottery/surplus)

04/19/17 - 04/25/17

Spring Turkey "B" season (lottery/surplus)

04/26/17 - 05/02/17 Spring Turkey "C" season (hunter selected)

05/03/17 - 05/09/17 Spring Turkey "D" season (hunter selected)

05/05/17 Bear Hunt Lottery Deadline 05/10/17 - 05/16/17

Spring Turkey "E" season (hunter selected)

05/17/17 - 05/30/17 Spring Turkey "F" season (any unfilled license)

06/16/17 Elk Hunt Lottery Deadline

08/11/17 Bear Baiting start date

08/18/17 Camp Ripley Archery Hunt Application Deadline

08/18/17 Prairie Chicken Hunt Lottery Deadline

09/01/17 - 10/31/17 Crow Hunting (3rd season)

09/01/17 - 11/09/17 Mourning Dove season

09/01/17 - 10/15/17 Bear season

09/01/17 - 11/06/17 Snipe and Rail Hunting season

09/02/17 - 09/18/17 Early Canada Goose season

09/07/17 Antlerless Deer and Special Hunt Lottery Deadline

09/09/17 Youth Waterfowl Day - Tentative

09/15/17 - 10/21/17 Sandhill Crane season-NW zone-Tentative

09/16/17 - 02/28/18 Small Game - Rabbits, Squirrels season 09/16/17 - 12/31/17 Deer Hunt - Archery season

09/16/17 - 11/30/17 Sharptailed Grouse season

09/16/17 - 01/01/18 Ruffed and Spruce Grouse, Hungarian Partridge season

09/23/17 Waterfowl season opener - Tentative

09/23/17 - 09/24/17 Take-a-Kid Hunting weekend

09/23/17 - 11/06/17 Woodcock season

09/30/17 - 10/29/17 Fall Turkey season

09/30/17 - 10/08/17 Prairie Chicken season

10/14/17 - 03/15/18 Raccoon, Red Fox, Gray Fox, Badger, Opossum (North) Hunting & Trapping

10/14/17 - 01/01/18 Pheasant season

10/19/17 - 10/20/17 Deer Hunt - Camp Ripley Archery Hunt -1st season

10/19/17 - 10/22/17 Deer Hunt - Special Youth Deer season

10/21/17 - 03/15/18 Raccoon, Red Fox, Gray Fox, Badger, Opossum (South) Hunting & Trapping

10/28/17 - 01/07/18 Furbearer Trapping - Otter - South zone 10/28/17 - 04/30/18 Furbearer Trapping - Beaver - North zone

10/28/17 - 04/30/18 Furbearer Trapping - Beaver - South zone

10/28/17 - 01/07/18 Furbearer Trapping - Otter - North zone

10/28/17 - 02/28/18 Furbearer Trapping - Mink and Muskrat -North zone

10/28/17 - 02/28/18 Furbearer Trapping - Mink and Muskrat -South zone

10/28/17 - 10/29/17 Deer Hunt - Camp Ripley Archery Hunt -2nd season

11/04/17 - 11/19/17 Deer Hunt - Firearm season - 100A

11/04/17 - 11/12/17 Deer Hunt - Firearm season - 200A and 300A

11/18/17 - 11/26/17 Deer Hunt - Firearm season - 300B

11/25/17 - 01/07/18 Bobcat - Hunting & Trapping-north of I-94 and US Hwy 10 only

11/25/17 - 11/30/17 Fisher and Pine Marten-north of I-94 and US Hwy 10 only

11/25/17 - 12/10/17 Deer Hunt - Muzzleloader season

12/14/17 - 12/31/17 Crow Hunting (4th season)

DNR LICENSE CENTERS

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.

Volune: www.anr.state.mn.us, 1011 Free: 1 (888) 665-4236. You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

ALBANY

ALBANY TESORO

140 Railroad Ave. | Albany | (320) 845-6577

DON'S I-94 CONVENIENCE STORE

310 8th St. S | Albany | (320) 845-4646

HOLIDAY STATION STORE (#3511)

800 Shamrock Ln. | Albany | (320) 845-7075

AVON

AVON QUICK MART

304 Blattner Dr. | Avon | (320) 356-7992

CASEY'S GENERAL STORE

303 Avon Ave. S | Avon | (320) 356-7273

THE STORE

37215 Co. Rd. 9 | Avon | (320) 356-7878

BELGRADE

MICKI'S

521 Wells St. | Belgrade | (320) 254-8294

COLD SPRING

CENTRAL LAKES CONVENIENCE

216 Red River Ave. | Cold Spring | (320) 685-3583

KEISS BROS. SHELL

204 Sauk River Rd. | Cold Spring | (320) 685-4300

SUPER AMERICA (#4790)

215 Red River Ave. | Cold Spring | (320) 685-4481

WENNER COMPANY

319 Main St. | Cold Spring | (320) 685-8673

FREEPORT

FREEPORT GAS & GROCERY

203 Main St. E | Freeport | (320) 836-7152

RUDY'S COUNTRY STORE

28916 Co. Rd. 17 | Freeport | (320) 836-2583

FREEPORT (CONTD.)

SCHMIDTY'S FREEPORT

104 1st Ave. S | Freeport | (320) 836-2850

HOLDINGFORD

BIALKA'S BAR & STORE

12626 Co. Rd. 17 | Holdingford | (320) 746-2440

HEADLEY HARDWARE, INC.

561 W Main St. | Holdingford | (320) 746-2973

KIMBALL

CASEY'S GENERAL STORE

115 Hwy. 55 E | Kimball | (320) 398-2600

COUNTRY STORE & DELI

221 Maus Dr. | Kimball | (320) 398-3420

MELROSE

CASEY'S GENERAL STORE (#2650)

817 Co. Rd. 13 | Melrose | (320) 256-3965

MELROSE 1 STOP

423 2nd Ave. SE | Melrose | (320) 256-3519

MELROSE HARDWARE

404 E Main St. | Melrose | (320) 256-3511

PETRO PLUS #101

406 S 2nd Ave. E | Melrose | (320) 356-7350

PAYNESVILLE

CASEY'S GENERAL STORE

907 W Minnesota St. | Paynesville | (320) 243-5020

HILLTOP STOP

28518 Hwy. 55 E | Paynesville | (320) 243-3133

PAYNESVILLE FLEET SUPPLY

30055 Hwy. 55 | Paynesville | (320) 243-3556

RICHMOND

CHANNEL MARINE & SPORT, INC.

101 4th St. SW | Richmond | (320) 597-5975

JACK'S OF RICHMOND

30 4th St. SW | Richmond | (320) 597-2173

RIVERSIDE RESORT

21026 Hwy. 22 | Richmond | (320) 597-2473

ROCKVILLE

ROCKVILLE GAS & BAIT

108 E Broadway St. | Rockville | (320) 253-1999

SARTELL

QUICK STOP

208 1st St. NE | Sartell | (320) 774-1932

SAUK CENTRE

CASEY'S GENERAL STORE (#1738)

826 Main St. | Sauk Centre | (320) 352-7845

FLETCHER'S BAIT

1515 Sinclair Lewis Ave. | Sauk Centre | (320) 352-2155

HOLIDAY STATIONSTORE

1185 S Main St. | Sauk Centre | (320) 352-6655

SAUK CENTRE FLEET SUPPLY

1050 Centre St. | Sauk Centre | (320) 352-5261

WALMART SUPERCENTER (#4253)

205 12th St. S | Sauk Centre | (320) 352-7954

ST. AUGUSTA

ST. AUGUSTA MINI-SERV

24876 Co. Rd. 7 | St. Augusta | (320) 252-3040

ST. CLOUD BAIT DEN

3267 Roosevelt Rd. | St. Cloud | (320) 257-0162

ST. CLOUD, CONTD.

CASEY'S GENERAL SOTRE (#3306)

6515 Co. Rd. 136 | St. Cloud | (320) 253-9828

HOLIDAY STATION STORE (#3776)

730 Hwy. 10 S | St. Cloud | (320) 529-8307

SPEEDSTOP ON 9TH

701 9th Ave. N | St. Cloud | (320) 333-3615

STOP LIGHT BAIT

45 8th Ave. SE | St. Cloud | (320) 255-9689

WALMART SUPERCENTER (#1633)

21 Co. Rd. 120 | St. Cloud | (320) 259-1527

ST. JOSEPH

SUPERAMERICA ST.JOSEPH

27 Birch St. W | St. Joseph | (320) 363-7272

ST. MARTIN

MONDLOCH, INC.

125 Main St. | St. Martin | (320) 548-3255

ST. STEPHEN

SCHMIDTY'S C-STORES

202 Central Ave. | St. Stephen | (320) 253-9508

WAITE PARK

DICK'S SPORTING GOODS (#1296)

40 2nd St. | Waite Park | (724) 273-3226

GANDER MOUNTAIN LLC (#493)

614 2nd St. S | Waite Park | (320) 654-6600

MILLS FLEET FARM

2630 Division St. | Waite Park | (320) 253-8889

ST. CLOUD SHEELS ALL SPORTS

40 N Waite Ave. | Waite Park | (320) 252-9494

STEARNS COUNTY LICENSE CENTER

3301 Co. Rd. 138 | Waite Park | (320) 656-6540

7ISHING SEASONS

04/30/16 - 02/26/17

Bowfishing - 2016 season

04/30/16 - 02/19/17

Bullhead, Redhorse, other rough fish Spearing - 2016 season

04/30/16 - 02/26/17

Sucker Spearing - 2016 season

05/14/16 - 02/26/17

Walleye, sauger, northern pike - 2016 season

05/14/16 - 02/26/17

Smallmouth and Largemouth Bass -

2016 season - North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/28/16 - 02/26/17

Largemouth Bass - 2016 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County

09/12/16 - 02/26/17

Smallmouth Bass - 2016 Catch and Release season only (statewide)

11/15/16 - 02/26/17

Dark House Spearing - 2016 season

12/31/16 - 03/31/17

Lake and Stream Trout - Winter (entirely within the BWCA)-2017 season

01/01/17 - 04/14/17

Stream Trout (Winter) SE - 2017 season Catch and Release season only. Dodge, Goodhue, Fillmore, Houston, Mower, Olmsted, Wabasha and Winona counties only.

01/14/17 - 03/31/17

Trout in lakes - Winter (outside or partly outside the BWCA) - 2017 season

04/01/17 - 11/30/17

Flathead Catfish - 2017 Season

04/15/17 - 10/01/17

Stream Trout in streams, except SE - 2017 season

04/15/17 - 09/14/17

Stream Trout in streams SE - 2017 season. Dodge, Goodhue, Fillmore, Houston, Mower, Olmsted, Wabasha and Winona counties only.

05/13/17 - 02/25/18

Walleye, sauger, northern pike - 2017 season

05/13/17 - 02/25/18

Smallmouth and Largemouth Bass - 2017 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

7ISHING SEASONS

05/13/17 - 05/26/17

Smallmouth and Largemouth Bass -

2017 early Catch and Release season Only -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

05/13/17 - 10/01/17

Lake Trout (summer) - 2017 season

05/27/17 - 02/25/18

Largemouth Bass - 2017 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County

05/27/17 - 09/10/17

Smallmouth Bass - 2017 Season -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

06/03/17 - 12/01/17

Muskellunge (Muskie) - 2017 season

09/11/17 - 02/25/18

Smallmouth Bass - 2017 Catch and Release season only - South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

09/15/17 - 10/15/17

Stream Trout (Fall) SE - 2017 season Catch and Release season only

12/30/17 - 04/01/18

Lake and Stream Trout - Winter (entirely within the BWCA)-2018 season

01/13/18 - 04/01/18

Trout in lakes - Winter (outside or partly outside the BWCA) - 2018 season

*Contact the MN DNR for specific zone information/dates by calling:

1 (888) 646-6367 or go to www.dnr.state.mn.us



Operating Watercraft

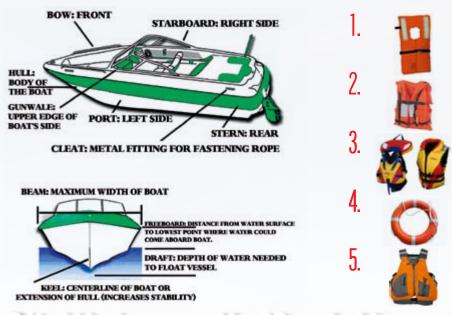
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

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

Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- For engines 25 Horsepower or Less:
- Those under age 12 may operate without restrictions.
- For engines over 25 horsepower through 75 horsepower:
- Those under age 12 must have someone 21 years of age or older on board within reach of the controls.
- For engines over 75 horsepower:
- No children under age 12 may operate, even with an adult on board.
- OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
- OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- For engines over 25 horsepower:
- OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER OLD ON BOARD WITHIN REACH OF THE CONTROLS.



fIII Watercraft Must Have.

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DE-VICE 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 IO 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.

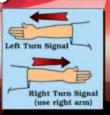
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS IG FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDI-ATELY AVAILABLE.
- A Coast Guard approved Type 5 device may be substituted for any other Coast Guard approved device if it meets the same requirements and is noted on the 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.

TV SAFETY W

Bicycle Hand Signals







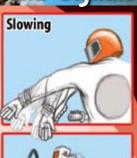
Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and

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

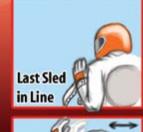












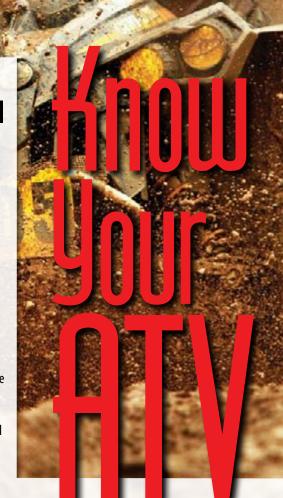




Read the owner's manua

and know your vehicle thoroughly.

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



SNOWMOBILE SAFETY

PRIVATE PROPERTY
NO TRESPASSING

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

Exercise extreme caution on all lakes and streams. Obey

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

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 traf-

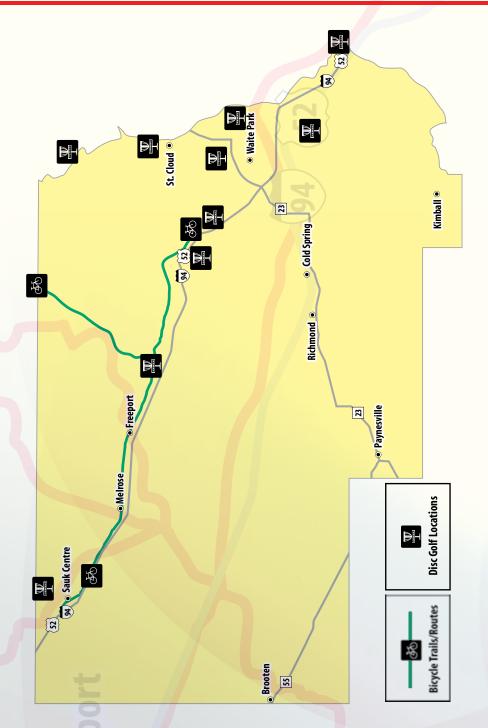
Cautious of Other

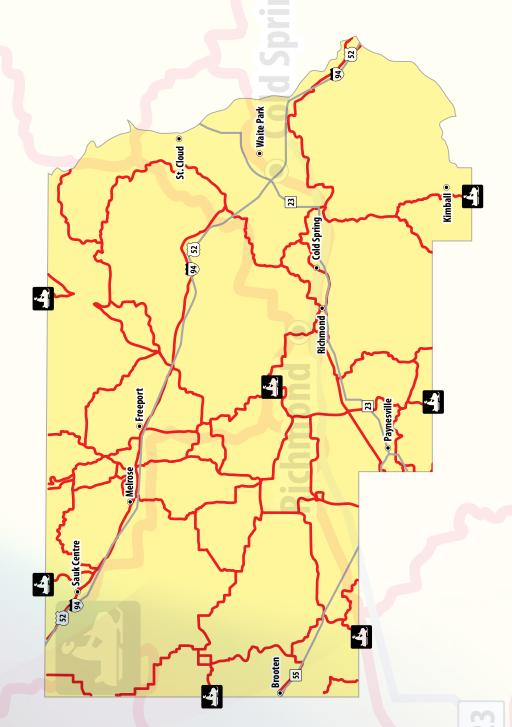
• Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death. Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal. • If you snowmobile at night, don't override your lights. • Always use the buddy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

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

fic of your changing direction.

LOCAL SNOWMOBILE TRAILS





10 Tips for Greet Inumburgance

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a barber soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done say use a toothpick or nailbrush to remove the soap and you will be sparkling clean.

Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).





Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you aready have a dual-purpose measuring tool in your hand!

Write the names of your plants (with a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be suprised at how the plants grow with "vege-soup."

You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



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 Seek help Immediately.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn

the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

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

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

Keep your pets safe from household chemicals.

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, Naproxe<mark>n or Acetaminop</mark>hen 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





320-543-2561 320-543-3517 800-245-7717 800-663-9177

East Hwy 12, Howard Lake, MN www.munsonlakes.com

Mention this ad (Code:305)