

RESIDENT GUIDE

FREE



HUNTING SEASONS

FISHING SEASONS

RECREATION TRAILS

DNR LICENSE CENTERS

RESIDENTIAL SERVICES

LOCAL ATTRACTIONS

PARKS & REC. INFO

AREA HISTORY

LOCAL EVENTS

Valley & Phillips
Counties, Montana



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LOCAL
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2-3	Local Area Events
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Phillips County



Valley County



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LOCAL AREA EVENTS

January:

Quilt and Fiber Art Show | Lewistown
Montana Winter Fair | Lewistown
Photography Show | Lewistown
State Auctioneer Contest | Lewistown
Dutch Oven Contest | Lewistown
Fiddle Contest | Lewistown

February:

Ice Fishing Derby | Glasgow
The Grasslands Project | Val Marie
Family Day | Val Marie

March:

Green Feet Fun Fest | Lewistown
Safety Fest | Lewistown

April:

Spring Fling Dinner & Auction | Havre
Annual Chili Cook-Off | Lewistown

May:

Spring Craft Show | Havre
North Star Amusement Carnival | Havre
Williams Syndrome Awareness | Havre
Blues & Brews Festival | Glasgow

June:

Sounds of the Square | Havre
Living History | Havre
Longest Dam Race | Fort Peck
Annual Milk River Catfish Classic Calcutta &
Street Dance | Glasgow
Annual School's Out Carnival | Glasgow
Brew Fest | Wolf Point
Grudge Race & Car Show | Lewistown
Fair & Rodeo | Lewistown
Pioneer Power Days | Lewistown
Aviation Fly-in | Lewistown
Tractor Parade | Lewistown
Music on Main | Lewistown
Annual Montana Dinosaur Festival | Malta

July:

Phillips County Fair | Glasgow
Great Northern Fair | Havre
Rocky Bow Powwow | Havre
Saturday Market | Havre
Wild Horse Stampede | Wolf Point
Art in the Park | Wolf Point
Rattlesnake Jake Re-enactment | Lewistown
Downtown Farmers Market | Lewistown
Summer Olympics | Malta

August:

Montana State Fair August | Great Falls
Fossil Festival | Havre
Crazy Days | Wolf Point
Cowboy Poetry Gathering | Lewistown
Annual Fun Days Event | Saco
Phillips County Fair

September:

Business After Hours | Malta
Malta Trails Brewfest | Malta
Trails Sweetgrass Hills Hike | Havre
Festival Days | Havre
Bob Larson Memorial Rodeo | Val Marie
Chokecherry Festival | Lewistown
Montana Bale Trail | Lewistown
Homecoming Parade | Glasgow

October:

Carnival Fundraiser | Malta
Ducks Unlimited Banquet | Malta
Parade of Lights | Malta
Kids Halloween Parade | Malta
Rod & Gun Club Gun Show | Havre
Sugar Beet Festival | Havre
Pub Crawl | Glasgow
Halloween Carnival Festival | Glasgow
Pumpkin Carving Contest | Glasgow
Annual Monster Dash | Glasgow
Treat Street | Glasgow

November:

Specialty Fair | Malta
Cattlewomen's Annual Banquet | Malta
Annual Turkey Bowling | Malta
Malta Put Crawl
American Indian Art Show | Havre
Harvest Festival | Glasgow
Festival of Trees | Glasgow
Bright Nights Holiday Light Show |
Lewistown

December:

Glory of Christmas Art Show | Glasgow
Plunge for Special Olympics | Glasgow
Christmas Craft & Trade Fair | Val Marie

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Phillips County

District Judge.....	406-654-1062
Clerk.....	406-654-2423
Sheriff.....	406-654-2350
Attorney's Office.....	406-654-1256
Superintendent of Schools.....	406-228-6226
Treasurer.....	406-654-1742
Justice Department.....	406-228-2028
Highway Patrol.....	406-265-6420
Human Services Department.....	406-654-2252
Hospital.....	406-654-1100
Welfare Office.....	406-654-2252
Consolidated Veterinary Services.....	406-654-1794

Valley County

Attorney's Office.....	406-228-6286
Justice Court.....	406-228-6271
Judicial District.....	406-654-1062
Clerk of Court.....	406-228-6268
Youth Court Services.....	406-228-6265
Sheriff's Office.....	406-228-4333
Search and Rescue.....	406-263-2193
Police Department.....	406-228-8050
Highway Patrol.....	406-653-6708
Clerk & Recorder.....	406-228-6220
Treasurer Office.....	406-228-6230
Health Department.....	406-228-6261
Planning/ G.I.S. Department.....	406-228-6222
Disaster & Emergency Services.....	406-228-6224
Transit.....	406-228-8747

Fort Peck Tribes Services

Fort Peck Tribes.....	406-768-5155
Child Care.....	406-768-5131
Community Health.....	406-768-5301
Tribal Police.....	406-768-5565
Adult Jail.....	406-768-3204
Juvenile Detention Center.....	406-768-3253
Transitional Living Unit.....	406-768-5950
Spotted Bull Treatment Center.....	406-768-3452
Tribal Courts.....	406-768-5557
Vocational Rehabilitation.....	406-768-3488
Senior Citizen Feeding Program.....	406-768-3866
Indian Health Service.....	406-768-3491
Gaming Commission.....	406-768-2440
Community Service.....	406-768-2431
Central Administration.....	406-768-2300
Corrections-Youth Services.....	406-768-3253
Corrections-Adult Services.....	406-768-3204





Phillips County was named in honor of rancher and state senator Benjamin D. Phillips. It was part of Chouteau County until 1912. There was a vote that split Chouteau County into three sections, Blaine, Chouteau and Phillips Counties. The county lies on the High Lines of Montana where the Great Northern Railway first ran through in 1887. Phillips County has approximately 4,253 residents and the county seat is Malta with a population around 2,000 residents. This area is known for its rich history of cowboys and dinosaurs.

***Fun Facts:**

- **There is a 33 foot long brachylophosaurus skeleton at the Phillips County Museum named Elvis for its pristine pelvis bone.**
- **They found a new species of long-necked sauropods in the area.**
- **A 77 million year old mummified dinosaur was found in the area and listed in the "Guinness Book of World Records" as the best preserved dinosaur.**
- **In 1901 Kid Curry and Butch Cassidy's Wild Bunch robbed a train in the county, getting away with around \$40,000.**

Cities:

Malta (county seat) - pop. 1,997

Towns:

Dodson - pop. 124

Saco - pop. 197

**Populations are approximate.*

Dodson

Dodson had its first post office established in 1891. Although there is a new post office these days the old post office sign still hangs as a reminder of the past. The city got its name from a merchant who operated a trading post and a saloon there before the Great Northern Railway came through. The city had its highest population of 365 people in 1920 and has been declining since. Today the city has around 100 residents living there.

Malta (County Seat)

No one's really sure how the city got its name but some say it was by a Great Northern official who spun the globe and had his finger come to rest on the island of Malta in the Mediterranean Sea. The first post office was established at Malta in 1890. The city had hit a population high in 1980 with around 2,400 residents, but has been declining ever since with a population of around 2,000 today. Malta is home to the Phillips County Museum and historic H.G. Robinson House & Gardens and the Great Plains Dinosaur Museum & Field Station. It is also said to be the heart of dinosaur country in Montana with some of the worlds most remarkable dinosaurs ever unearthed at the Judith River Rock Formation and has two stops of the dinosaur trail.

Saco

Sacos post office was established in 1892 and the town was incorporated in 1918. The town started because the Great Northern Railroad needed a place for its water tank. It was another town where the railroad agents couldn't figure out a name and spun the globe with a finger landing on Saco, Maine. In its earlier days it had a population of around 1,500 people but has been on a decline ever since. The population today is around 200 people. Chet Huntley who was a news anchor for NBC's evening news program, The Huntley-Brinkley Report, lived in Sacos as a child. Saco was also famous for a few years when it made it into the Guinness Book of World Records in 1999 for making the largest hamburger. The hamburger took 17 cattle to make and weighed in at 6,040 pounds.

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Valley County was established in 1893 and its county seat is Glasgow. The first explorers to set up camp in this area were Lewis and Clark in 1805. They made their camp site where the Milk and Missouri Rivers meet. In 1912 the size of Valley County started to decrease with the development of Daniels, Phillips, Roosevelt and Sheridan Counties. Today Valley County consists of 5,062 square miles of land good for growing grains, hay, pulse crops, and raising cattle. At the bottom edge of the county is Montana's largest body of water called Lake Fort Peck. Valley County has around 7,369 residents living there.

- *Fun Facts:**
- **Lake Fort Peck has 1,520 miles of coast line. That's 170 more miles than Florida's 1,350 miles of coast line.**
 - **Lake Fort Peck is the fifth largest artificial lake in the United States.**
 - **Fort Peck Dam is the largest hydraulic earth-filled dam in the world.**

Cities:
Glasgow (county seat) - pop. 3,414

Towns:
Fort Peck - pop. 233
Nashua - pop. 290
Opheim - pop. 85
**Populations are approximate.*

Fort Peck
Fort Peck got its name from Col. Campbell K. Peck who was part owner of Durfee and Peck trading firm. They had set up a trading post along the Missouri River which was a few miles from the present day Fort Peck Dam site. A new town of Fort Peck, around two miles from its original destination, was built by the government as a headquarters for the construction and operation of the Fort Peck Dam in 1934. At that time, the building of the dam was one of the nations largest public works projects. At one point during construction there were around 10,500 people working on the dam. It was finished in 1940 and spans across the Missouri River over 3.5 miles. The current population of Fort Peck is around 230 residents.

Glasgow (County Seat)
Before it was Glasgow it was inhabited by American Indians for centuries. There were huge herds of buffalo and pronghorn antelope to provide food for the tribes. In 1851 the US government formed a treaty with the Native Americans and in 1887 the treaty was signed and the tribes surrendered 17,500,000 acres. The city of Glasgow was founded in 1887 as a railroad town and named after Glasgow in Scotland. In the 1960s the population rose to about 6,400 because of the near by Glasgow Air Force Base. This base was shut down in 1969 and the population started dwindling. The current population of Glasgow is around 3,380 residents.

Nashua
Nashua is the eastern most town in Valley County, located where Porcupine Creek empties into the Milk River. The town was founded by Charles Sargent, a second cousin of Colonel Robert E. Lee. and belived to be name after an Indian word meaning "Melting of Two Streams." Its history is like most of the towns along the Hi-Line of Montana and the Great Northern Railroad. Nashua reached its peak population in 1940 with over 900 residents. The population today is around 290 residents.

Opheim
The town was named after Alfred S. Opheim, who was one of the first settlers in the area and became the postmaster in 1911 when the US Post Office granted a post office to the town. The little town grew very fast at first and didn't have enough facilities to supply the peoples needs. The nearest city was Glasgow, which was 50 miles away and could take up to 4-5 days to get there in good weather. Businesses began to pop up all over and the town grew to around 3000 people. The town also had a radar base, but since its closing the population has decreased significantly. The current population is around 85 people. In 2008 the town got some media attention when the high schools graduating class consisted of 1 student. The 2014 high school class was the fifth smallest in Montana having 10 students.

History

The fossil record in Montana goes back to Precambrian time which dates back to around 4.6 billion years ago during the formation of the earth. During this time Montana was covered by sea water and the main fossil records are of stromatolites. Stromatolites are layered bio-chemical accretionary structures formed by the trapping, binding and cementation of sedimentary grains by biofilms of microorganisms. The main fossil records for billions of years in this area are of different sea creatures. The water didn't start to recede in Montana till the late Jurassic period. When the water started to recede the exposed land was greened by a flora of conifers, cycads, ferns, and ginkgoes. During the Late Jurassic period Montana was home to many different dinosaurs including Camptosaurus, Apatosaurus, Allosaurus, and Deinonychus. After the Late Jurassic period followed the Cretaceous period which was 66 million years ago. At this time Montana had some of the more famous dinosaurs living there like the Edmontosaurus, Pachycephalosaurus, Triceratops, and Tyrannosaurus. By the end of the Cretaceous period the dinosaurs had died off and to this day we still don't know exactly why. Next came the Cenozoic era sometimes called the Age of Mammals, which is the present day era. In the beginning of this era there were some of the biggest mammals on this planet to date like mammoths, musk oxen, and dire wolves.

Dinosaur and Fossil Facts

- The word dinosaur was defined to mean "fearfully-great lizard" by Richard Owen in 1842.
- Dinosaurs ruled the Earth longer than any other land animals (over 150 million years), and gave rise to birds.
- The first scientific collection of fossils in Montana started in the mid 19th century.
- The Duck-billed dinosaur "Maiasaura peeblesorum" from the Cretaceous period is the Montana state fossil.
- Native Americans have been devising mythical explanations for fossils or applying them to practical purposes for thousands of years.
- The Montana Dinosaur Trail has fourteen dinosaur themed museums and state parks in twelve communities located in central and eastern Montana. The trail opened in 2005 and has around 275,000 visitors a year.
- Hell Creek of Montana is one of the worlds best spots for paleontologists. It is composed of freshwater, clay, mudstones, and sandstones from the last part of the Cretaceous era. They have recovered many astonishing fossils from this area including invertebrates, plants, mammals, fish, reptiles, amphibians, and dinosaurs.
- Trying to date fossils of rocks is not easy. Carbon dating only works when used with organic material that is less than about 50,000 years old, so it is useless with the 65 million year old material. The other methods of age determination are often less accurate or useful.
- The death of the last dinosaur and the appearance of the first "human" were separated by about 62 million years.
- Collection of fossil material is illegal unless done under a permit from the appropriate Federal land management agency. If you think you have found a fossil on National Park, U.S Bureau of Reclamation, or BLM lands, please contact a Federal land management representative.

OUTDOOR

Fun Facts

- 85% of plant life is found in the ocean
- Fire usually moves faster uphill than downhill
- Wildfires can reach speeds of 14 miles per hour
- For every human there are around 200 million insects
- The only continent with no active volcanoes is Australia
- You can only see a rainbow if you have your back to the sun
- Oak trees produce acorns when they are around 50 years old
- Parks run by the National Park Service have around 3 million campers per year
- The record high in the U.S. was in Death Valley, CA at 134F and the record low was in Prospect Creek, AK at -79F

TORNADO SAFETY

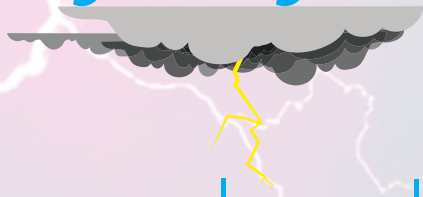
Precautions:

- 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 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 IN BETWEEN THE FLASH OF LIGHTNING & THE CRACK OF THUNDER.
DIVIDE THE NUMBER OF SECONDS BY 5 & YOU HAVE YOUR DISTANCE IN MILES.

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

Do Not Open Your Windows!



- KEEP YOUR GRILL GRATE CLEAN
- DON'T USE LIGHTER FLUID
- HEAT UP YOUR GRILL BEFORE YOU START
- KEEP THE LID DOWN WHILE COOKING
- MEAT COOKS BETTER WHEN AT ROOM TEMPERATURE
- DON'T OVER CROWD THE GRILL WITH TOO MANY ITEMS
- DON'T CONSTANTLY FLIP YOUR FOOD



Bear Creek Recreation Area

Fort Peck, MT 59223

Black Coulee National Wildlife Refuge

194 Bowdoin Auto Tour Road. Malta,
MT 59538

406-654-2863

Bowdoin National Wildlife Refuge

194 Bowdoin Auto Tour Road
Malta, MT 59538

406-654-2863

Brush Lake State Park

1733 Brush Lake Rd. Dagmar, MT 59219

406-377-6256

Downstream Recreation Area

Nashua, MT 59248

Duck Creek Recreation Area

Fort Peck, MT 59223

Fort Peck Recreation Area

Glasgow, MT 59230

Grasslands National Park of Canada

Mankota, SK S0H 2W0, Canada

306-298-2257

Hell Creek State Park

Jordan, MT 59337

406-557-2362

Hewitt Lake National Wildlife Refuge

Saco, MT 59261

Nelson State Recreation Area

Saco, MT 59261

The Pines Recreation Area

Jordan, MT 59337

UL Bend National Wildlife Refuge

Airport Road
Lewistown, MT 59457

406-538-8706

Upper Missouri River Breaks National Monument

920 Northeast Main
Lewistown, MT 59457

406-538-1900

Red Barn

406-228-9256

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Hwy.*



Gifts

STORE HOURS:

WEEKDAYS

10 a.m. -
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SATURDAYS

10 a.m. -
4 p.m.



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AREA ATTRACTIONS

Blaine County Museum

501 Indiana Street | Chinook | 406-357-2590

Buckhorn Lodge & Retreat

6066 Highway 24 S | Fort Peck | 406-526-3200

Campbell Lodge

534 3rd Ave S | Glasgow | 406-228-9328

Childrens Museum of NE Montana

512 2nd Ave S | Glasgow | 406-228-4386

Cottonwood Inn & Suites

45 1st Ave NE | Glasgow | 406-228-8213

Depot Museum

25 4th Avenue NW | Rudyard | 406-355-4356

Edgewater Inn And Rv Park

47176 US-2 | Malta | 406-654-1302

Fort Belknap Indian Reservation

656 Agency Main St | Harlem | 406-353-2205

Fort Peck Fine Arts Council

110 5th St S #102 | Glasgow | 406-228-9216

Fort Peck Interpretive Center

Yellowstone Rd | Fort Peck | 406-526-3493

Fort Peck Summer Theatre

201 North Missouri Avenue | Fort Peck | 406-526-9943

Great Northern Hotel

2 S 1st St E | Malta | 406-654-2100

Great Plains Dinosaur Museum

405 North 1st Ave East | Malta | 406-654-5300

H. Earl Clack Museum

1753 U.S. Highway 2 NW #1 | Havre | 406-265-4000

James Kipp Recreation Area

920 Northeast Main | Lewistown | 406-662-4000

Maltana Motel

138 S 1st Ave W | Malta | 406-654-2610

Marian Hills Golf Course

1562 Highway S 191 | Malta | 406-654-1250

Musselshell Museum

11 & 36 South Central | Harlowton | 406-632-5519

Nickel Wade's Casino

221 1st Ave N | Glasgow | 406-228-4555

Northern Edge L.L.C

Hunting Preserve | Havre | 406-570-8646

Northern Lights Casino

1003 US-2 | Glasgow | 406-228-2450

Phillips County Motorsports

1008 US-191 | Malta

Phillips County Museum

431 US HWY 2 E. | Malta | 406-654-1037

Prairie Wind & Silver Sage Museum & Interpretive Centre

Centre St, Val Marie, SK S0N 2T0 | Canada | 306-298-4910

Riverside Motel and & RV Park

8 Central Ave | Malta | 406-654-2310

Royals Inn

117 N 1st Ave E | Malta | MT 59538
406-654-1150

Shady Rest RV Park

8 Lasar Dr | Glasgow | 406-228-2769

Sleeping Buffalo Rock

US-2 | Saco

Trails West Campground

37 Skylark Rd | Glasgow | 406-228-2778

Valley Cinema 2

600 2nd Ave S | Glasgow | 406-228-9239

Valley County Pioneer Museum

816 US-2 | Glasgow | 406-228-8692

Valley Event Center

54141 US-2 | Glasgow | 406-228-4594

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Hunting Seasons: Courtesy of the Montana Department of Fish, Wildlife, & Parks'
 Website: <http://fwp.mt.gov/hunting/seasons/>

2018-19 GAME ANIMAL SEASONS

Antelope	
900 series	Aug 15–Nov 11
archery.....	Sept 1–Oct 5
general.....	Oct 6–Nov 11
Bighorn Sheep	
archery.....	Sept 1–Sept 14
general.....	Sept 15–Nov 25
Bison	Nov 15–Feb 15, 2019
Black Bear	
spring	Apr 15– May 31/June 15
archery.....	Sept 1–Sept 14
fall	Sept 15–Nov 25
Deer & Elk	
archery.....	Sept 1–Oct 14
youth, deer only	Oct 18–Oct 19
general.....	Oct 20–Nov 25
backcountry – HD's 150, 151, 280, 316*	
archery.....	Sept 1–Sept 14
general.....	Sept 15–Nov 25
Elk Shoulder Seasons	Check website
Moose	Sept 15–Nov 25
Mountain Goat	Sept 15–Nov 25
Mountain Lion	
archery.....	Sept 1–Oct 14
fall	Oct 20–Nov 25
winter	Dec 1–Apr 14, 2019
Wolf Season	
archery.....	Sept 1–Sept 14
general.....	Sept 15–Mar 15, 2019
trapping.....	Dec 15–Feb 28, 2019

* HD 316 does not have an Archery Only Season

2018-19 UPLAND GAME BIRDS SEASONS

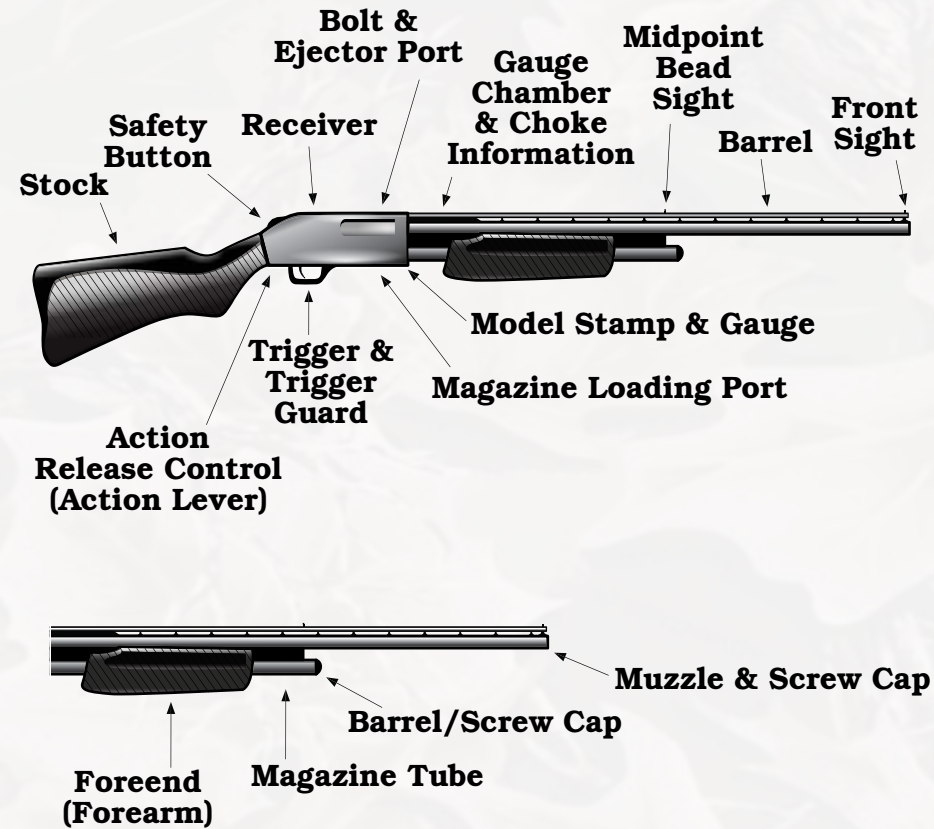
Mountain Grouse	Sept 1–Jan 1, 2019
Partridge	Sept 1–Jan 1, 2019
Pheasant	Oct 6–Jan 1, 2019
Sage Grouse	Sept 1–Sept 30
Sharp-tailed Grouse	Sept 1–Jan 1, 2019
Turkey	
spring.....	Apr 14–May 20
fall	Sept 1–Jan 1, 2019

2018-19 MONTANA FURBEARER SEASONS

For general reference only.
 2018 dates adopted in August, 2018.
 Trapping Districts 1, 2 & 3

Beaver	Nov 1–April 15, 2019
Bobcat	Dec 1–Feb 15, 2019*
Trapping Districts 4, 5, 6 & 7	
Beaver	Sept 1–May 31, 2019
Bobcat	Dec 1–Mar 1, 2019*
Portion of Trapping District 6	
Swift Fox	Nov 1–Mar 1, 2019*
Fisher, Marten, Wolverine (where open).....	Dec 1–Feb 15, 2019*
Mink, Muskrat, Otter	Nov 1–April 15, 2019*

* May close earlier when the quota is reached.



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.

You can purchase hunting and fishing licenses
online at fwp.mt.gov/hunting/licenses Toll Free: (406) 444-2950
Or visit one of the agents available throughout Phillips and Valley Counties:

GLASGOW

D AND G SPORTS
215 4TH ST SOUTH
406-228-9363

FISH WILDLIFE AND PARKS - REGION 6
54078 US HWY 2 W
406-228-3700

LAKERIDGE LODGING AND BAIT SHOP
5990 MT HWY 24 SOUTH
406-526-3597

MARKLE'S INC
416 2ND AVE S
406-228-9367

MALTA

WESTSIDE SPORTS MALTA MARINE LLC
210 HWY 2 WEST
406-654-1611

SACO

SACO DEHY, INC
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406-527-3470

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FISHING SEASONS & RECORDS

Rivers** & Streams:

3rd Saturday in May through
November 30

**some rivers are open entire year

Check the fishing regulations at
<http://fwp.mt.gov/fishing/>

Lakes & Reservoirs:

Open all year unless otherwise
specified

FISH	MONTANA NATIVE	LENGTH (inches)	WEIGHT	GIRTH (inches)	SITE	ANGLER	BAIT TACKLE	DATE
Arctic Grayling	■	20	3.53 lbs.	11.7	Washub Lake	Glenn Owens	Wet Fly	6/28/03
Bighorn Buffalo	■	40.7	57.75 lbs.	32.5	Nelson Reservoir	Craig D. Grassal	Bow & Arrow	6/4/04
Black Bullhead		14.37	2.80 lbs.	11.5	Smiley Slough	Birell White	Bait	6/20/09
Black Crappie		16.7	3.13 lbs.		Tongue River Reservoir	Al Elser		1973
Bluegill		11	2.54 lbs.	17	Paterson's Stock Dam	Brent Fladmo	Worm	6/3/83
Blue Sucker	■	32.56	11.56 lbs.	17.09	Milk River	Dean Ambrister	Spinner	5/14/14
Brook Trout			9.06 lbs.		Lower Two Medicine Lake	John R. Cook		1940
Brown Trout			29 lbs.		Wade Lake	E.H. "Peck" Bacon		1966
Bull Trout (Dolly Varden)	■	37	25.63 lbs.	25		James Hyer	Trotting Line	1916
Burbot	■	39	17.08 lbs.	16.25	Missouri River Wolf Point	Jeff Eugene Iwan	Minnow	4/18/89
Channel Catfish	■	41.75	34.8 lbs.	25	Fort Peck Reservoir	Dan Davenport	Jig	7/26/13
Chinook Salmon		38	31.13 lbs.	26.5	Fort Peck Reservoir Face of Dam	Carl L. Niles	Diamond King Spoon	10/2/91
Cisco		18.2	2.08 lbs.		Missouri River	Troy Holstein	Jig & Minnow	6/2/14
Creek Chub	■	11.0	.52 lbs.		Harbaugh Bass Pond	William Bibeau	Worm	5/12/13
Coho Salmon		25.6	4.88 lbs.		Fort Peck Reservoir Face of Dam	Iven F. Stohl	Dardevil	5/29/73
Common Carp		38	40.2 lbs.	30.5	Nelson Reservoir	Jared S. Abus	Bow & Arrow	5/24/98
Cutthroat Trout	■		16 lbs.		Red Eagle Lake	Wm. D. Sands		1955
Emerald Shiner		3.43	0.01 lbs.		Park Grove Bridge	Ike Braaten	Rapala	6/5/06
Fathead Minnow	■	2.7	0.01 lbs.		Dollar Lake	Chris Gulsine	Bait	8/30/14
Flathead Chub	■	11.2	0.99 lbs.		Thornton Pond	Douglas Jordan	Worm	4/29/01
Freshwater Drum	■	29.5	21.59 lbs.	26.5	Fort Peck - Ghost Coulee	Matt Washut	Smelt	5/3/03
Golden Trout		23.5	5.43 lbs.	13	Cave Lake	Mike Mahri	Lure	7/16/00
Goldeye	■		3.18 lbs.		Nelson Reservoir	Don Nevily	Jig/Power Crawler	7/4/00
Green Sunfish		9.0	0.84 lbs.	9.87	Hickson's Pond	Bette Schmieding	Worm	5/25/09
Kokanee Salmon		26.8	7.85 lbs.		Hauser Lake	John Bomar	Jig	8/23/03
Lake Chub	■	3.9	.02 lbs.		Teton River	Joe Hagengruber	Worm	8/22/10
Lake Trout		42.5	42.69 lbs.	31.5	Flathead Lake	Ruth Barber	Flatfish	6/23/04
Lake Whitefish		27	10.46 lbs.		Flathead Lake	Sean McDonald V	Jig	8/26/06
Largemouth Bass		22.5	8.90 lbs.		Noxon Rapids Reservoir	Darin Williams	Rubber Tube Bait	5/2/09
Largescale Sucker	■	23.1	6.16 lbs.	14.8	Woodland Pond	Kevin Fraley	Worm	6/27/68
Longnose Sucker	■		3.27 lbs.		Marias River Loma	Ray Quigley	Worm	5/8/88
Mottled Sculpin	■		0.05 lbs.		Belt Creek (North of Helix MT) Beaver Creek Reservoir	Brad Sullivan	Worm	7/30/01
Mountain Sucker	■	6.2	1.60 oz.		Beaver Creek Reservoir	Robert Garwood	Worm	4/23/01
Mountain Whitefish	■	23	5.11 lbs.	12.5	Hauser Reservoir	Walt Goodman	Rapala	10/10/07
Northern Pike	■	27.125	7.88 lbs.		Noxon Rapids Reservoir	Daniel Yorginson	Lure	5/28/91
Northern Pike			37.5 lbs.		Tongue River Reservoir	Lance Moyer		1972
Paddlefish	■	77	142.5 lbs.	41.75	Missouri River Near Kipp Park	Larry Branstetter	Snagged	5/20/73
Pallid Sturgeon	■		60 lbs.	27.5	Yellowstone River Near Sidney	Gene Sotter		5/13/79

FISH	MONTANA NATIVE	LENGTH (inches)	WEIGHT	GIRTH (inches)	SITE	ANGLER	BAIT TACKLE	DATE
Peanouth	■	18.125	1.52 lbs.		Clark Fork River	Mike Jensen	Artificial Fly	7/25/07
Pumpkinseed		9.5	0.96 lbs.		Upper Thompson Lake	Nathan Bache	Lure	7/30/06
Pygmy Whitefish	■	9.84	0.36 lbs.	6.3	Little Bitterroot Lake	Richard Goldrick	Maggot	2/13/10
Rainbow Trout		38.62	33.1 lbs.	27	Kootenai River David Thompson Bdg	Jack G. Houseal Jr.	Lure	8/11/97
Rainbow-Cutthroat Hybrid Trout		35.75	30.25 lbs.	27.5	Ashley Lake	Pat Kelley	Bait	5/16/82
Redside Shiner	■	6.5	0.10 lbs.	3.75	Lost Lake	Josh Ahles	Worm	8/21/01
River Carp sucker	■	24	8.95 lbs.	16.5	Fort Peck Reservoir	Brady Miller	Bow & Arrow	8/15/08
Rock Bass		10.8	1.31 lbs.		Lower Crazy Head Springs Pond	Karson Campbell	Nightcrawler	4/26/14
Sauger	■	28.2	8.805 lbs.	15.1	Fort Peck Reservoir	Gene Moore	Whetler/Minnow	12/12/94
Saugeye			15.66 lbs.		Fort Peck Reservoir Square Creek	Myron Kibler	Minnow	1/11/95
Shorthead Redhorse	■	20.25	4.68 lbs.		Marias River Near Loma	Ray Quigley	Worm	4/14/85
Shorthorn Gar	■	35	7.41 lbs.		Fort Peck Dredge Cuts	Brandon Hanaard	Bow and Arrow	5/16/13
Shovelnose Sturgeon	■	39.75	14.125 lbs.		Missouri River	Chad Buck	Nightcrawler	5/21/10
Smallmouth Bass		22.5	6.7 lbs.	16.5	Fort Peck Reservoir	Melvin McDonald	Gulp Minnow	8/30/13
Smallmouth Buffalo	■	38	38 lbs.	28.25	Nelson Reservoir	Brady Miller	Bow & Arrow	4/28/07
Spottail Shiner		3.0	.02 lbs.		Tiber Reservoir	Joe Hagengruber	Worm	8/14/10
Stonecat	■	10	0.54 lbs.		Milk River	Dale Ejerpa	Worm	8/15/96
Tiger Muskellunge		50	38.75 lbs.		Deadmans Basin Reservoir	Leo Cantin	Bait	9/2/12
Tiger Trout		20.6	4.04 lbs.	12	Bear Lake	Joe Sobczak	Wooley Bigger	2/9/97
Utah Chub			1.81 lbs.		Canyon Ferry Reservoir	Eugene Bastian	Rat Fink/Maggots	2/5/92
Walleye		35	17.75 lbs.	22	Tiber Reservoir	Robert Hart	Minnow	11/18/07
White Bass		17	2.80 lbs.	12	Missouri River South of Belleville	Vernon Pacovsky	Minnow	10/13/07
White Crappie		18.5	3.68 lbs.		Tongue River	Gene Bassett	Worm	5/10/96
White Sturgeon	■	75	96 lbs.		Kootenai River	Herb Stout		1968
White Sucker	■	21.625	5.33 lbs.	12.75	Nelson Reservoir	Fred Perry	Spear	2/10/83
Yellow Bullhead	■	14.0	1.62	8.9	Ninepipes Reservoir	Frank Tepp	Lure	2/5/15
Yellow Perch		14.375	2.39 lbs.	12.1875	Lower Stillwater Lake	Josh Emmert	Jig	2/15/06



Health Benefits of Physical Activity

Major Research Findings

from the Center for Disease Control and Prevention



- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a combination of the two activities.

Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

Intensity Examples

Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

Vigorous Intensity

- Race walking, jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10mph or faster
 - Jumping rope
 - Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

Be Aware of your Surroundings

- 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.



Drink lots of Water!



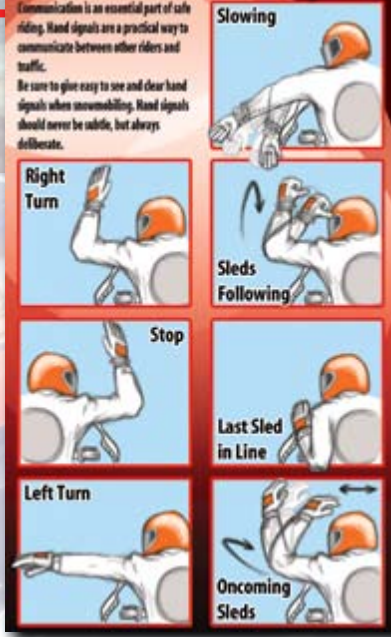
Know Your ATV

Read the owner's manual and know your vehicle thoroughly.

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

- 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.

Snowmobile Hand Signals



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.

Eat Breakfast

A healthy balanced breakfast every morning is very important. It allows your body to run smoothly throughout the day and can help with weight control while lowering your cholesterol levels. It will improve things like concentration, performance and strength. Also studies have shown that women who skip breakfast have a higher chance of developing diabetes and men who skip breakfast have a higher chance for heart disease.

Eat Your Greens

Leafy greens and vegetables contain phytochemicals which help to fight diseases. This will help against things like metabolic syndrome, diabetes, cancer and strokes. Vegetables are also rich in fiber which helps with hunger. The recommended amount of vegetables for the average person is around 2 ½ cups a day.

Drink Enough Water

Many people don't get enough water throughout the day. It is recommended that the average person drinks roughly a half gallon a day which is equal to about eight 8 ounce glasses. Water helps rid the body of toxins and with unwanted weight gain by flushing out by-products of fat in your system. Water also helps your immune system, energy levels, focus and mood.

Take a Walk During Lunch Break

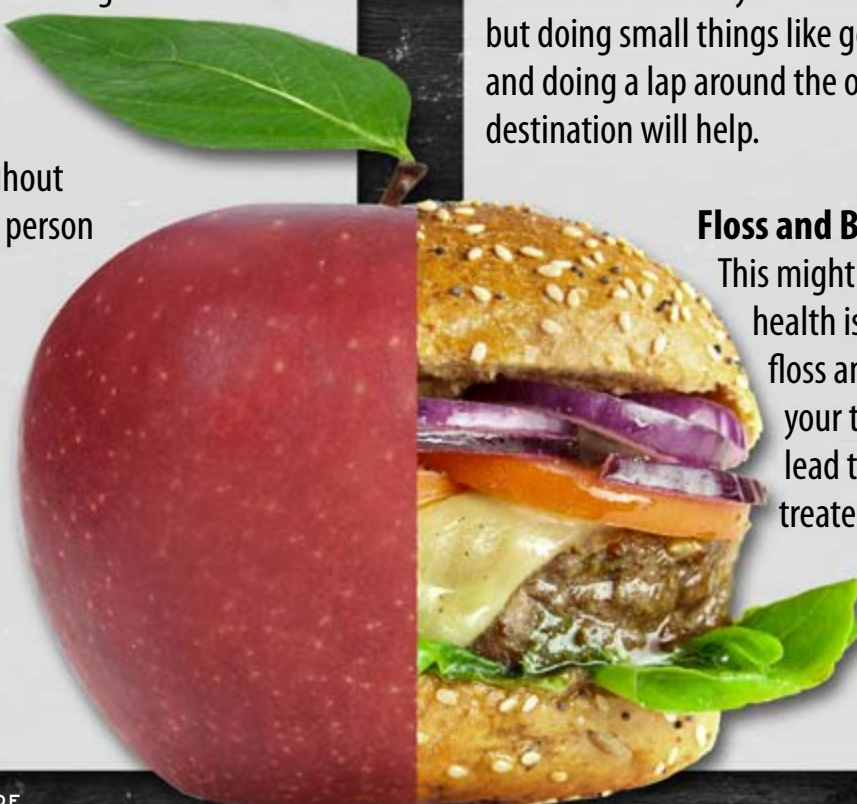
Your body and mind benefit greatly when getting out for a quick walk. A walk can help with weight management, blood pressure, bone strength, balance and coordination. Plus it helps you focus by getting extra blood flow and oxygen to your brain. Also a lot of people don't get enough vitamin D in their diet and getting outside is one of the easiest ways to ensure you are getting your vitamin D.

Get Up and Move

It is important to try and get around 10,000 steps in per day. It is very hard on our bodies when we are slumped over a desk or kicked back in a recliner all day. Studies have shown that just from walking more you can lower your risk of high cholesterol, high blood pressure and diabetes. It may be hard to get the 10,000 steps in every day but doing small things like getting up from your desk every so often and doing a lap around the office or parking farther away from your destination will help.

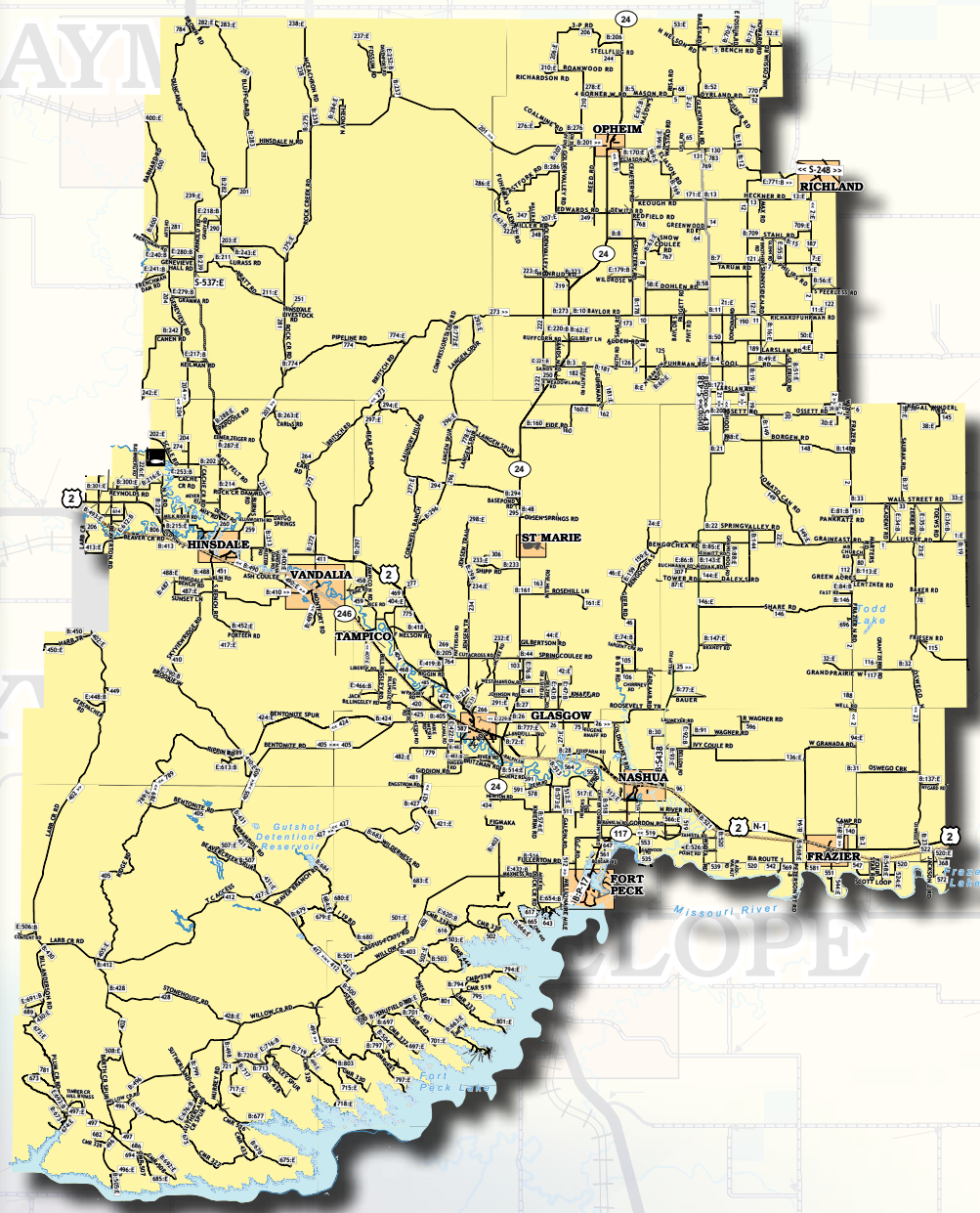
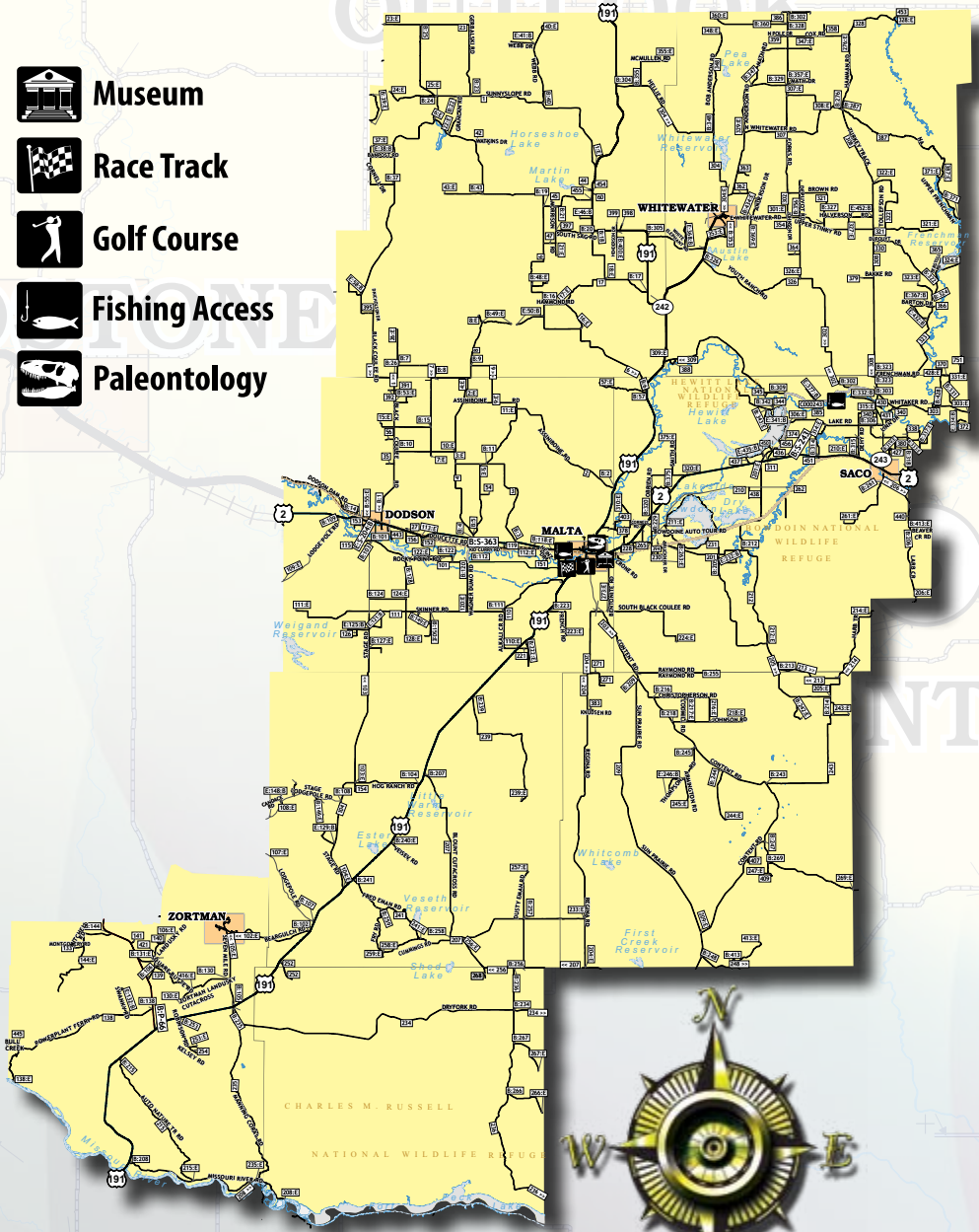
Floss and Brush

This might not seem like the most significant health issue but it is very important. If you don't floss and brush daily you build up plaque on your teeth and at the gum lines. This can lead to things like gum disease and if not treated can enter the bloodstream and trigger inflammation in the arteries causing things like heart disease, diabetes, erectile dysfunction in males and delayed conception for women.



Phillips County

-  Museum
-  Race Track
-  Golf Course
-  Fishing Access
-  Paleontology



10 Tips for Green Thumb GARDENING

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



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 medical attention 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, 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.



SAFETY TIPS

FIRST AID FOR BURNS & CHOKING

BURNS

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

Bandage the burn with sterile gauze:

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

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

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

Shop • Dine Play • Stay



LOCALLY



...and support the community you live in!