


**FREE
RESIDENT GUIDE**



*Williams
& Mountrail
Counties*

NORTH DAKOTA

***What's Inside:
Businesses • Directory • History
Events and more***

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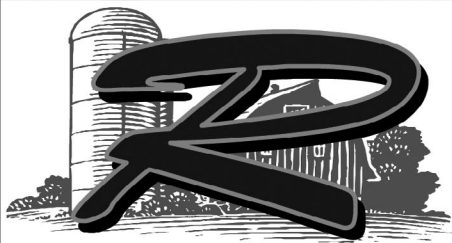
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THIS GUIDE





Local Area Events

JANUARY

Chamber Banquet | Williston

FEBRUARY

Scandinavian Heritage Celebration | Williston
 Turkey Dinner | Grenora
 Travis Gunlikson Memorial Ride | Grenora
 Commercial Club Meeting & Luncheon | Stanley
 Stanley Blood Drive
 Bite the Ice on "The Hook" Fishing Derby | New Town
 Adrian Foote Memorial Bronc Challenge | New Town
 Badlands Professional Builders Assn. Finals | New Town

MARCH

Just for Kicks Performance | Stanley
 Rural Fire Department Meeting | Stanley
 Grenora Blood Drive
 Pancake Supper | Grenora

APRIL

Just for Kicks Performance | Stanley
 Pee Wee Wrestling Tourn. | Stanley
 Veteran's Free 3D Indoor Archery Tourn. | Stanley
 Easter Egg Hunt | Stanley
 Gopher Hunt | Stanley

MAY

Just for Kicks Spring Show | Stanley
 Spring Clean-Up Day | Stanley
 Elementary AR Carnival | Stanley

JUNE

City Wide Rummage Sale | Stanley
 Block Party | Stanley
 Hoe Down | Stanley
 Blaisdell Rodeo | Stanley

JULY

99¢ Breakfast | Williston
 Sidewalk/Crazy Day Sales | Williston
 Fun on the Run Amusements | Williston
 Motorcycle & Vintage Car Display | Williston
 Williston's Rockin' Ribfest
 Firemen's Dance | Epping
 Buffalo Trails Day | Epping
 Music & Karaoke at Two Way | Stanley
 4th of July | throughout Williams & Mountrail Counties
 Jay Day 5k Run & Walk | Stanley
 4-H Achievement Days | Stanley
 Tioga Freedom Fest

Local Area Events

AUGUST

Military Affairs Community Golf Tourn. | Williston
 Teacher Appreciation Reception | Williston
 Williston Blood Drive
 Art Splash | Williston
 Arbor Day Celebration | Williston
 Chokeycherry Festival | Williston
 4-H Fiber Arts Retreat | Williston
 Teton Booster Club Scholarship Golf Tourn. | Williston
 Rabe Cote Season Championship | Williston
 Astronomy Club Camp Out | Williston
 Grain Palace Days | Grenora
 Ft. Buford Encampment | Ft. Buford
 Sweet Corn Festival | Epping
 Crazy Days | Stanley
 Sibyl Center Meeting | Stanley
 Stanley Blood Drive
 Little Shell Pow Wow | New Town
 Harvestfest | Parshall

SEPTEMBER

Mercy Medical Children's Health Fair | Williston
 WSC Fall Fair | Williston
 JMAC Art Fest | Williston
 Williston Basin Energy Festival
 Basin Speedway Racing Fall Roundup | Williston
 Trail of Fabric Shop Hop | Williston
 Field Day & Combine Clinic | Williston
 Lostwood National Wildlife Refuge Birthday | Stanley
 Ring 'dem' Bells at Sibyl Center | Stanley
 Tioga Farm Festival
 Chili Challenge | New Town
 Classic Car & Motorcycle Show | New Town
 Pie Social | New Town

OCTOBER

Walk to End Alzheimer's & 5k Run | Williston
 Williston Blood Drive
 Bakken Oil Product & Service Show | Williston
 All City Halloween Party | Williston
 Women of Today Halloween Party | Stanley
 State Cross-Country Meet | Jamestown
 Teton Athletics Wing Cook-Off
 Old Bag Pie & Auction | Grenora
 Gladys Helping Hand Dinner | Grenora

NOVEMBER

Freezing for a Reason Food Drive | Stanley
 Stanley Blood Drive
 Parade of Lights | Stanley
 State Volleyball Tournament | Minot
 Firemen's Carnival | Tioga
 Fall Craft & Bake Sale | Parshall

DECEMBER

Williston Blood Drive
 Grenora Christmas Program
 Community Club Christmas Supper | Grenora
 St. Olaf's Christmas Program | Grenora
 Holiday Stroll | Stanley
 Food, Fun & Fitness Fundraiser | Stanley
 Pictures with Santa | Stanley
 Elementary Christmas Program | Stanley
 Girls Basketball Dynamic 12 Tourn. | Stanley
 Scandia American Bank Christmas Open House | Stanley
 Boys Basketball Fabulous 14 Tourn. | Stanley
 Just for Kicks Winter Show | Stanley
 Parade of Lights | New Town
 Walk-A-Bout New Town
 Craft Fair | New Town



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Williams County Residential Services

Administrator	(701) 577-4580
Assessor	577-4555
Auditor	577-4500
Building & Permits	577-4564
Child Support Enforcement	774-7940
Clerk of Court	774-4374
District Court	774-4367
E-911	577-7707
Emergency Services	577-7707
Highway	577-4521
Human Resources	577-4547
IT	577-4545
Juvenile Court	774-4371
Extension Service	577-4595
Parks & Recreation	577-4500
Planning & Zoning	577-4565
Public Health	577-4520
Recorder	577-4540
Sheriff.....	577-7700
Social Services	774-6300
State's Attorney	577-4577
Superintendent of Schools	577-4580
Tax Foreclosure Properties	577-4504
Township Support	577-4500
Treasurer.....	577-4530
Veteran's Services	577-4550
Victim Witness Assistance	577-4577
Vital Records	577-4500
Water Resources	577-4500

Mountrail County Residential Services

Administrator	(701) 628-2225
Assessor	628-2425
Auditor	628-2145
Building & Permits	628-2225
Clerk of Court	628-2915
District Court	628-2915
E-911	628-2975
Emergency Services	628-2909
Highway	628-2390
Human Resources	628-2929
Juvenile Court	628-2556
Extension Service	628-2835
Parks & Recreation	628-2225
Planning & Zoning	628-2909
Public Health	628-2951
Recorder	628-2945
Sheriff.....	628-2975
Social Services	628-2925
State's Attorney	628-2965
Superintendent of Schools	628-3811
Tax Foreclosure Properties	628-2425
Township Support	628-2225
Treasurer.....	628-2935
Veteran's Services	628-2063
Victim Witness Assistance	328-3233
Vital Records	628-2951

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Williams County History (Williston, County Seat)

Williams County was first established in 1891 and named in honor of politician Erastus Appleman Williams, a former mayor of Bismarck. Williston was selected as the county seat and railroad expansion prompted growth. Settlers were attracted to the rolling hills, fertile soil and access to water. Agriculture dominated early industry as residents farmed wheat, potatoes and cattle and the discovery of lignite allowed for mining. The county is now one of the largest in North Dakota with an area spanning over 3,000 square miles. Today Williams County is home to approximately 22,398 residents.

ALAMO - pop. 57

EPPING - pop. 100

GRENOIRA - pop. 244

RAY - pop. 592

SPRINGBROOK - pop. 27

TIOGA - pop. 1,230

WILDROSE - pop. 110

WILLISTON (COUNTY SEAT) - pop. 14,716

**Populations are approximate.*

Williams County Communities

EPPING

Epping was established in the early 1900s as settlers were attracted to the rolling prairie and fertile soil. A rail station was constructed and by 1906 the area housed a bank and a post office with A.D. Lawrence serving as first postmaster. By 1915 businesses included a hotel, livery stable, printing shop, hotel, meat market, a variety of specialty shops and the area has continued to thrive. Today Epping is home to approximately 100 residents.

TIOGA

Tioga was settled in 1902 as rail lines were established and its name was derived from an Indian word for peaceful valley. The first store also housed the first post office and by 1905 businesses included a hotel, printing shop, pool hall, livery stables, meat market and a variety of specialty shops. The community was incorporated in 1910 and at one point Tioga was recognized as the largest grain market in the world. The discovery of oil in 1951 prompted growth and the area has continued to prosper. Today Tioga is home to approximately 1,230 residents.

WILLISTON (COUNTY SEAT)

Williston was founded in 1887 and named in honor of railroad official Daniel Willis James. The community was selected as the county seat and its population tripled in size upon its establishment. By 1910 the area housed several churches, banks, schools, grain elevators and newspaper office. As oil was discovered in 1951, the community grew dramatically. Famous residents include NBA championship coach Phil Jackson and Olympic boxer Virgil Hill. Today Williston is home to approximately 14,716 residents.

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Mountrail County History *(Stanley, County Seat)*

Mountrail County was originally established in 1873 and then dissolved into Ward County in 1892. The county was reestablished in 1909 with its present boundaries and named in honor of Joseph Mountraille. Stanley was selected as the county seat and railroad expansion allowed for growth. Early industry was led by agriculture as residents farmed wheat, oats, potatoes and cattle. The recent discovery of oil throughout the area has allowed for economic development and prompted a new land boom. Today Mountrail County is home to approximately 7,673 residents.

NEW TOWN - pop. 1,925

PALERMO - pop. 74

PARSHALL - pop. 903

PLAZA - pop. 171

ROSS - pop. 97

STANLEY (COUNTY SEAT) - pop. 1,458

WHITE EARTH - pop. 80

**Populations are approximate.*

Mountrail County Communities

NEW TOWN

New Town was created in 1951 from the neighboring communities of Van Hook and Sanish. Streets were platted and a post office was established with Hubert Olson serving as its first postmaster. The first school was founded in 1954 and within one year its population had reached 1,400. The area is widely recognized for Lake Sakakawea, one of the largest man-made lakes in the United States. Today New Town is home to approximately 1,925 residents.

PARSHALL

Located within the Fort Berthold Indian Reservation, Parshall was established in 1914. The community was named after George Parshall who assisted with platting of streets. Settlers were attracted to the rolling hills and fertile soil. The community has continued to thrive and is recognized for the Paul Broste Rock Museum, completed in 1960. The discovery of oil in 2006 has brought the area an economic boom as new residents arrived to purchase land and Parshall has continued to grow. Today Parshall is home to approximately 903 residents.

PLAZA

In 1906 Plaza was founded and streets were platted by Mr. Sheldrick. Within one year a variety of businesses were established which attracted new residents. Railroad development allowed for growth and the community continued to prosper. In 2006 residents celebrated its centennial with a parade, fireworks and an assortment of activities. Today is home to approximately 171 residents.

STANLEY (COUNTY SEAT)

Stanley was established in 1902 as settlers were attracted to the lush prairie and ample natural resources. Railroad construction prompted growth and businesses were established to meet the growing needs of its residents. Stanley was selected as the county seat and the area continued to develop. The discovery of oil within the Bakken Formation during the 1950s has allowed for economic improvement of the area as it is one of the largest oil fields within the continental United States. Today Stanley is home to approximately 1,458 residents.

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	<p><i>One Tough Animal.</i> Bobcat</p>	



Local Area Attractions

4 BEARS CASINO

202 Frontage Rd. | New Town | (800) 294-5454

BROSTE ROCK MUSEUM

508 N Main St. | Parshall | (701) 862-3264

BUFFALO TRAILS CAMPGROUND

6700 2nd Ave. W | Williston | (701) 572-3206

BUFFALO TRAILS MUSEUM

P.O. Box 22 | Epping | (701) 859-4361

EAGLE RIDGE GOLF CLUB

6401 3rd Ave. E | Williston | (701) 572-6500

DAKOTA DRUG CO.

107 S Main St. | Stanley | (701) 628-2255

DK'S LOUNGE & CASINO

2402 1st Ave. W | Williston | (701) 774-3995

FORT BUTFORD HISTORIC MUSEUM

15292 39th Ln. NW | Williston | (701) 572-9034

FORT UNION

15550 Hwy. 1804 | Williston | (701) 572-9083

FRONTIER MUSEUM

6300 2nd Ave. W | Williston | (701) 580-2415

GRAND THEATRE

211 Main St. | Williston | (701) 572-2232

HIT OR MISS LANES

111 SW 1st St. | Stanley | (701) 628-3300

INA MAE RUDE AQUATIC CENTER

603 8th Ave. SE | Stanley | (701) 628-7665

JAMES MEMORIAL ART CENTER

621 W 1st Ave. | Williston | (701) 774-3601

Local Area Attractions

LAKE PARK DRIVE-IN THEATRE

Hwy. 85 N | Williston | (701) 572-9137

LEWIS & CLARK STATE PARK

4904 119th Rd. NW | Epping | (701) 859-3071

LOSTWOOD NATIONAL WILDLIFE REFUGE

8315 Hwy. 8 | Kenmare | (701) 848-2722

MAIN STREET CINEMA

312 Main St. | Williston | (701) 572-7147

MILLION DOLLAR LANES

1804 2nd Ave. W #1 | Williston | (701) 572-3344

MOUNTRAIL COUNTY HISTORICAL SOCIETY

P.O. Box 582 | Stanley | (701) 628-1909

NORSEMAN MUSEUM

17 E 2nd St. | Tioga | (701) 664-2702

PAUL BROSTE ROCK MUSEUM

508 N Main St. | Parshall | (701) 862-3264

PIONEER TRAILS MUSEUM

Hwy. 85 & Hwy. 50 | Hanks | (701) 572-4759

POWERS LAKE HISTORICAL MUSEUM

8334 Hwy. 50 | Powers Lake | (701) 464-5771

PRAIRIE ROSE GOLF COURSE

112 NE 2nd Ave. | Stanley | (701) 628-2135

PUTT-A-ROUND MINI GOLF

3721 2nd Ave. W | Williston | (701) 572-1818

RAY OPERA HOUSE

119 Main St. | Ray | (701) 568-3437

REGIS THEATER

114 S Main St. | Stanley | (701) 628-2739

SIBYL CENTER FOR LIFE ENRICHMENT

301 SW 1st St. | Stanley | (701) 628-3339

STONEHOUSE RV PARK

4 SW 6th Ave. | Stanley | (701) 628-2041

THEODORE ROOSEVELT PARK

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UPPER MISSOURI MINISTRIES

12601 SW 58th St. | Epping | (701) 859-4181

WESTERN STAR COMPLEX

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WILLISTON MUNICIPAL GOLF COURSE

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- Dug Outs
- Repair Dams
- Corral Cleaning
- Trenching
- Reclaim Oil Sites
- Gravel Hauling
- Hay Hauling

Tips on Recycling & Living Greener

- ♻️ Recycle as much as you can. Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.
- ♻️ Switch your incandescent light bulbs to compact fluorescent ones. Save money & energy.
- ♻️ Bring your own reusable shopping bags with you to the supermarket or the mall.
- ♻️ Donate your unwanted clothing to a local charity.
- ♻️ Recycle your used ink and toner cartridges. Most office supply stores accept used cartridges.
- ♻️ Recycling your used batteries 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 the quality of our water supply and soil.
- ♻️ Unplug any unused appliances, especially if you're not going to be home. Your cellphone charger uses electricity, even when you're phone isn't charging.
- ♻️ Bring your own lunch. You'll avoid using non-recycleable styrofoam to-go 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.
- ♻️ Repurpose old items. Use old cd's as coasters, or empty yogurt containers to organize nuts and bolts.
- ♻️ Be crafty. Let old items be an inspiration for a craft project. Punch holes in tin cans to make candle luminaries or cut "yarn" strips out of plastic shopping bags to knit or crochet into new, reusable bags.
- ♻️ 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 black-outs.

Parks & Recreation

ANTELOPE CREEK STATE WILDLIFE MANAGEMENT AREA

New Town | (701) 328-6305

Located on 738 acres, the Antelope Creek State Wildlife Management area features fishing opportunities, picnic areas and public hunting grounds.

BLACKTAIL DAM CAMPSITE

Williston | (701) 826-4601

Located northwest of Williston, the Blacktail Dam Campsite features electrical sites, picnic areas and fishing opportunities.

CROW FLIES HIGH BUTTE HISTORIC SITE

West Mountrail | (701) 328-6305

Located near New Town, the Crow Flies High Butte Historic Site features fishing opportunities and picnic areas.

EPPING/SPRINGBROOK DAM CAMPSITE

Ray | (701) 328-6305

The Epping/Springbrook Dam Campsite features electrical sites, a picnic shelter and fishing opportunities.

KOTA RAY DAM CAMPSITE

Ray | (701) 328-6300

Located South of Ray, the Kota Ray Dam Campsite features fishing opportunities.

LEWIS & CLARK STATE PARK

Epping | (701) 859-3071

The Lewis and Clark State Park features a campground with electrical sites, sleeping cabins, boat launch, fishing opportunities, picnic shelters and playground equipment.

LITTLE BEAVER BAY

New Town | (701) 328-6305

Located north of New Town, Little Beaver Bay features a boat launch, fishing opportunities and a fish cleaning station.

LOSTWOOD NATIONAL WILDLIFE REFUGE

Kenmare | (701) 848-2722

Located near Kenmare, the Lostwood National Wildlife Refuge features recreational trails and offers many bird watching opportunities.

MCGREGOR DAM CAMPSITE

Tioga | (701) 328-6305

The McGregor Dam Campsite features electrical sites, fishing opportunities and picnic areas.

VAN HOOK STATE WILDLIFE MANAGEMENT AREA

New Town | (701) 328-6305

Located on over 4,500 acres, the Van Hook State Wildlife Management area features fishing opportunities, picnic areas and hunting grounds.

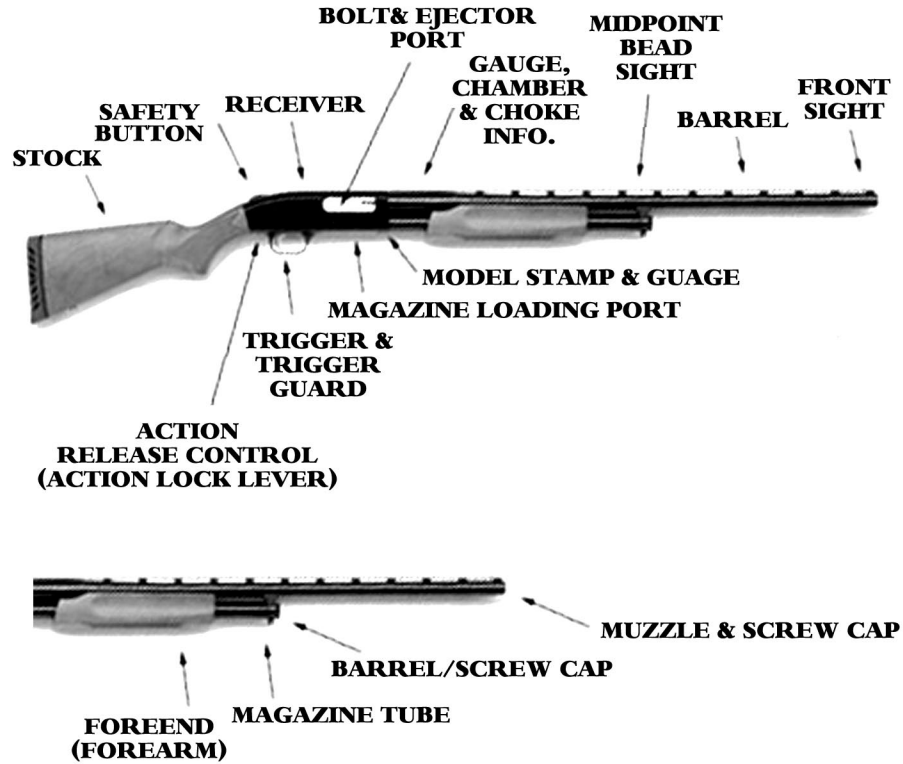
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Hunting Safety



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

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

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

North Dakota Hunting Seasons

For general information on firearm safety training call 1 (888) 646-6367 or (701) 328-6615.

Contact the North Dakota Game & Fish Department for specific zone areas:

Online: www.gf.nd.gov, By Phone: (701) 328-6300.

BIGHORN SHEEP

10/21/11 - 11/03/11
(Archery) 10/14/11 - 11/03/11

DEER*

(Archery) 09/02/11 - 01/01/12
(Special Herd Reduction SW) 09/23/11 - 10/07/11
(Firearm) 11/04/11 - 11/20/11
(Muzzleloader) 11/25/11 - 12/11/11
(Youth) 09/16/11 - 09/25/11
(Antlerless) 09/16/11 - 09/25/11

ELK*

10/07/11 - 10/31/11; 11/25/11 - 12/11/11
(Archery) 09/02/11 - 09/25/11
(Antlerless) 08/12/11 - 09/30/11
(September) 09/02/11 - 09/30/11
(October) 10/07/11 - 10/31/11
(Extended) 11/04/11 - 12/31/11

PRONGHORN*

(Archery) 09/04/11 - 10/04/11
(Firearm) 10/02/11 - 10/18/11

MOOSE*

09/02/11 - 09/25/11; 10/07/11 - 10/30/11;
11/18/11 - 12/11/11
(Archery) 09/02/11 - 09/25/11

SKUNK, RABBIT, GOPHER & PORCUPINE

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CYOTE & FOX*

11/19/11 - 03/1/12

MOUNTAIN LION*

(Archery) 09/02/11 - 03/31/12
(With Hounds) 12/01/11 - 03/31/12

CROW

03/12/11 - 04/24/11; 08/13/11 - 10/23/11

EARLY CANADA GOOSE*

08/15/11 - 09/15/11
(Missouri River Zone) 08/15/11 - 09/07/11

YOUTH WATERFOWL*

09/17/11 - 09/18/11

DUCKS*

(ND Residents) 09/24/11 - 10/01/11

DOVE*

09/01/11 - 10/30/11

SHARPTAIL, HUN, RUFFED GROUSE & TREE SQUIRREL*

09/10/11 - 01/01/12

SANDHILL CRANE*

09/17/11 - 11/13/11; 09/17/11 - 10/23/11

SNIPE*

09/17/11 - 12/04/11

YOUTH PHEASANT*

10/08/11 - 01/01/12

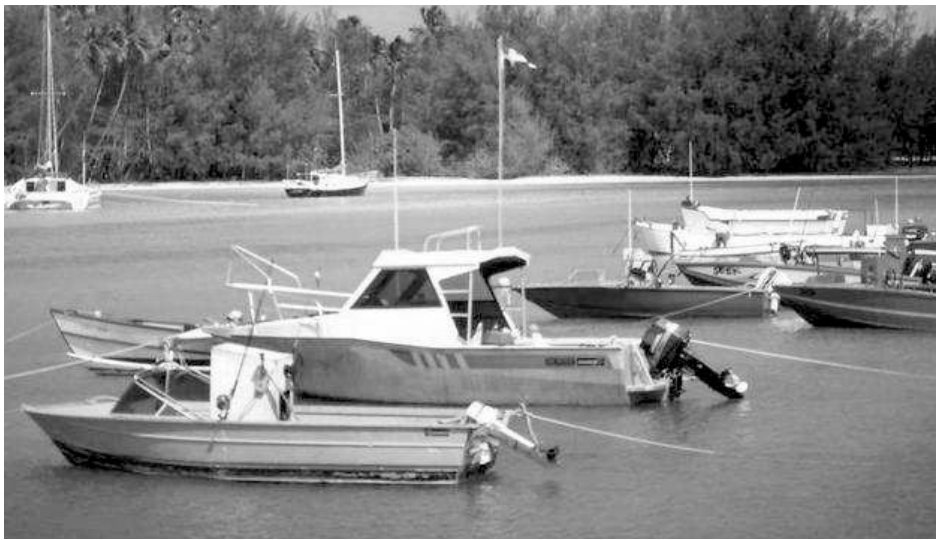
WOODCOCK*

09/17/11 - 10/31/11

TURKEY*

10/08/11 - 01/08/12

*Contact the ND GFD for specific zone and season information by calling: 1 (888) 646-6367.



Boating Safety

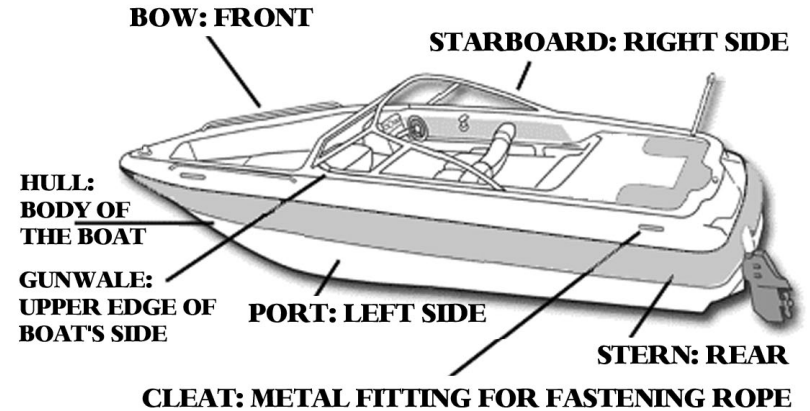
Operating Watercraft

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

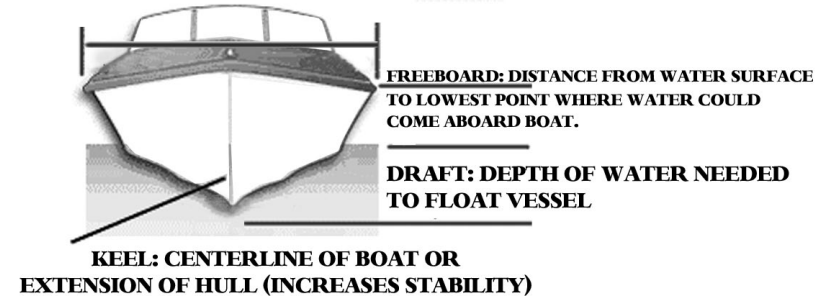
- Make sure that you and your passengers are wearing life jackets while the boat is moving.
- Attach the ignition safety lanyard to your wrist, clothes, or life jacket.
- Don't allow anyone to sit on the gunwale, bow, seat backs, motor cover, or areas not designed for seating. Also, don't let anyone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

Boating Safety

Know Your Craft



BEAM: MAXIMUM WIDTH OF BOAT



Who May Operate a Motorboat (Other Than a Personal Watercraft)

For engines 25 horsepower or less:

Those under age 12 may operate without restrictions.

For engines over 25 horsepower through 75 horsepower:

Those under age 12 must have someone 21 years of age or older on board within reach of the controls.

For engines over 75 horsepower:

No children under age 12 may operate, even with an adult on board.

Other restrictions apply to boat operators 12 to 17 years old:

Operators from 12 to 17 years of age may operate engines of 25 horsepower or lower with no restrictions.

For engines over 25 horsepower:

Operators 12 to 17 years of age must have:

A watercraft operator's permit, or someone age 21 years or older on board within reach of the controls.

Boating Safety

Flotation Devices



Offshore Life Jackets - Type 1:

For rough or remote waters where rescue may take awhile. Provide the most buoyancy, excellent for flotation, turns most unconscious persons face up in the water.



Near-Shore Vests - Type 2:

Good for calm waters when quick assistance or rescue is likely. Turns some unconscious wearers face up in the water, but not as efficiently as offshore life jackets.



Flotation Aids - Type 3:

Vests or full-sleeved jackets good for calm waters when quick assistance is likely. Not for rough waters. They will not turn most unconscious persons face up. Used for sports, such as water-skiing. Some inflate in water.



Unwearable / Throwable Devices - Type 4:

Cushions and ring buoys designed to be thrown to someone in trouble. Type 4 is not designed to be worn. Not for rough waters - not for anyone unable to hold on to it.



Special Use - Type 5:

Vests, hybrids/others designed for specific activities, for example windsurfing, kayaking, water-skiing. Some Type 5 devices inflate when entering the water. To be acceptable, Type 5 must be used in compliance with their label instructions.

All watercraft must have at least one Coast Guard Approved Type 1, 2, 3 or 5 flotation device that is the proper size for each person on board or being towed.

All devices must be in good condition and easily accessible.

Children under age 10 must wear a device when on board a boat that is underway unless: in an enclosed cabin or below deck or on an anchored boat that is being used for swimming or diving or passenger craft with a licensed captain.

Along with the above at least one approved Type 4 must be on board boats 16 ft. or longer (except canoes and kayaks) and immediately available.

A Coast Guard approved Type 5 device may be substituted for any other Coast Guard approved device if it meets the same requirements and is noted on the label.

Anyone riding a jet ski or other Personal Water Craft must wear an approved -non inflating flotation device, as well as anyone being towed by a water craft.

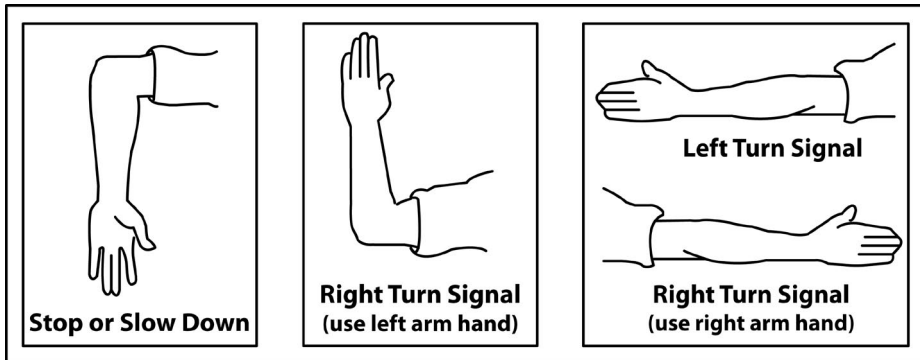
ATV Safety

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

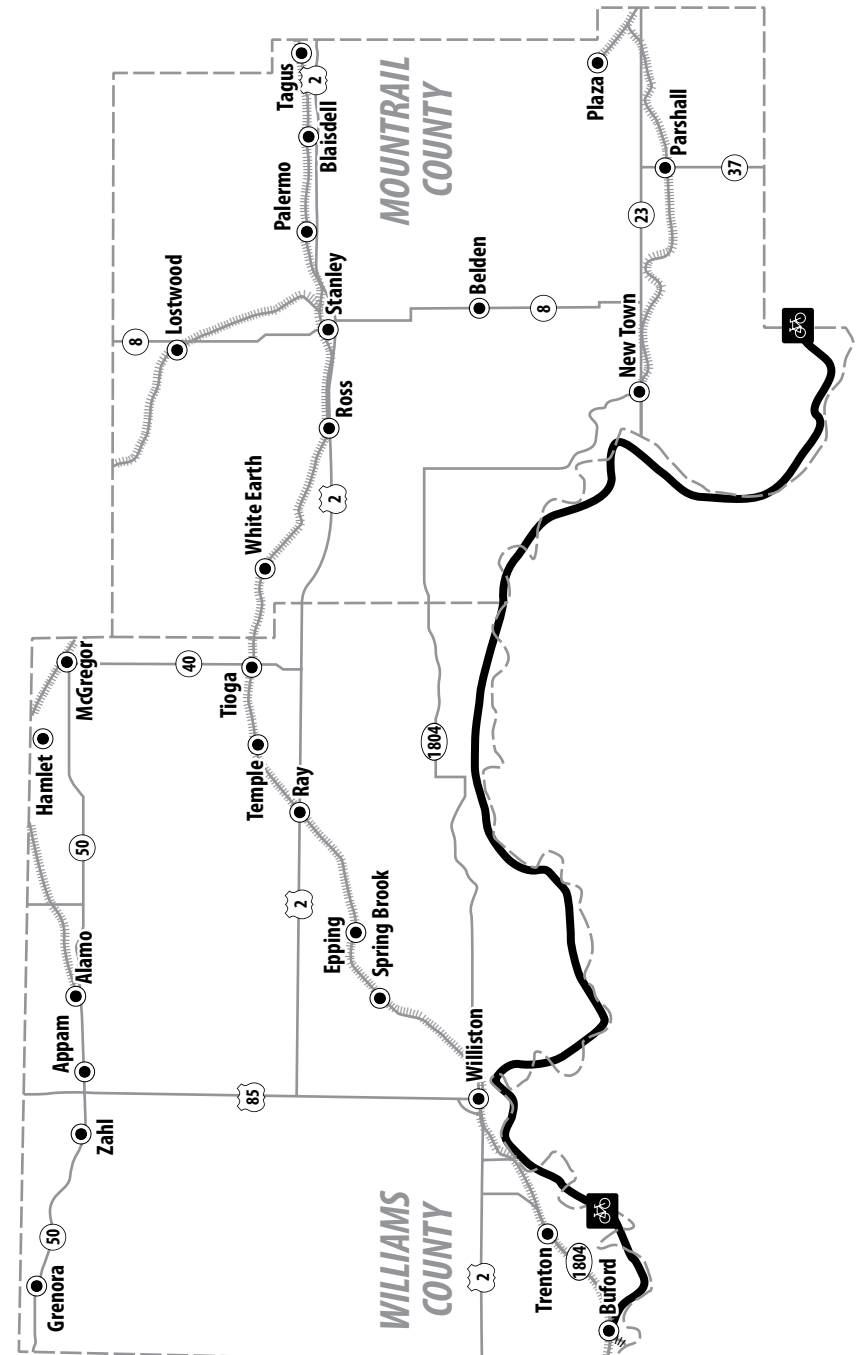


Bicycle Safety

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



Bicycle Trails



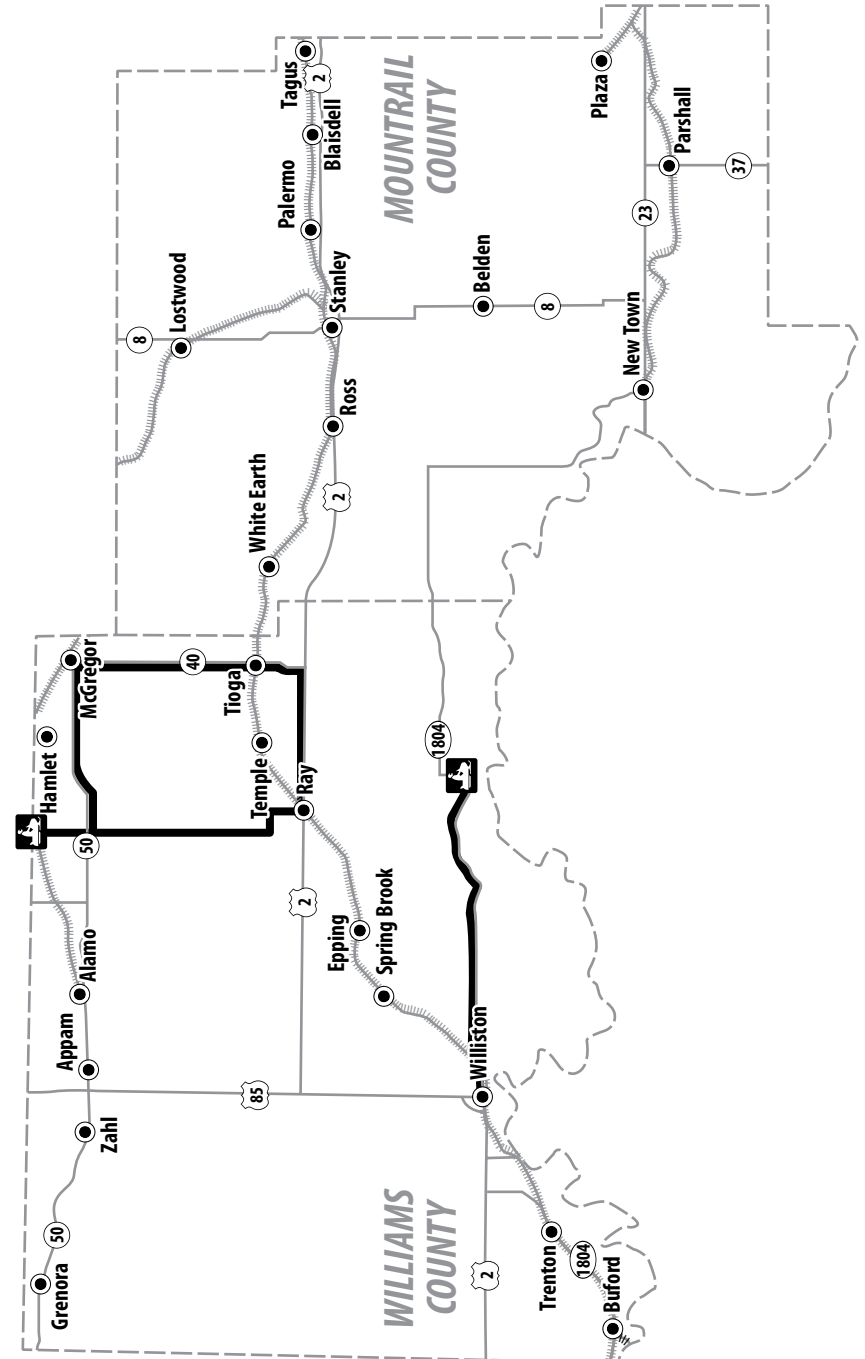
Snowmobile Safety

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

Common Trail Signs



Snowmobile Trails



Home Safety

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



Carbon Monoxide Safety

PREVENTION

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

SYMPTOMS

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

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

TREATMENT

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

Emergency Planning

ESCAPE ROUTES

Everyone in your family should know the best ways to exit the house in case of a disaster. Teach your young children how to open sliding doors, windows and other exits. Designate a meeting place where the family can gather after escaping from the house.

FLASHLIGHTS

The whole family needs to know where to find flashlights. Periodically check the batteries.

FULLY CHARGED CELL PHONES

All family members should keep their cell phones charged. Make a habit of charging them, while everyone is asleep. Cell phones can be lifesavers in emergencies.

LIST OF VALUABLES

Keep this document listing your possessions (and if possible, a video of your home interior) in a fireproof safe, or in a safe deposit box at a bank.

COMMUNITY EMERGENCY PLANS

Familiarize yourself with community evacuation plans and neighborhood escape routes. Post a copy of them in a highly visible place in your home.



THUNDERSTORM/TORNADO

- Remove dead branches from trees beforehand to avoid injury or damage.
- After seeing lightning, if you hear thunder in less than 30 seconds, it is recommended that you stay inside for 30 minutes after the thunder has ceased.
- The inside of a car is safer than the outside, as a lightning strike will simply pass through the car as long as you aren't in contact with any metal.
- Unplug all major appliances, as a power surge can cause serious damage.
- Avoid all tall structures and elevated areas as well as large amounts of metal.



FIRES

- Make sure that every level of your house has a smoke detector, and be sure to test them once a month. Have the family plan an emergency exit route.
- Always keep track of any stoves or high-temperature/high-voltage appliances that are running. Be sure to never leave any cooking unattended.
- Keep lighters and matches away from children.
- If a burn occurs, soak the skin in cool water. If the skin blisters, seek medical assistance.

⊕ Emergency First-Aid Tips ⊕

FIRST AID FOR CPR & HEART ATTACK

CPR

CPR is to be administered when a person is not breathing or has no pulse. Be quick to act by remembering the A,B,C's: Airway, Breathing & Circulation.

Airway:

Place the person on a firm surface, on their back. Kneel next to the person's neck and shoulders. Open the person's airway by tilting back the head and lifting the chin.

Breathing:

With the head tilted and chin lifted, pinch the nostrils shut and cover the person's mouth with yours. Give two slow breaths.

Circulation:

Find the hand position on the center of the breastbone. Place the heel of your hand on that position, with your other hand on top of the first hand. Use your upper body weight to push down. Give two compressions per second. Compress the chest at a rate equal to 100/minute. Perform 30 compressions at this rate. Repeat until an ambulance arrives.

HEART ATTACK

Symptoms of a heart attack may include any of the following:

- Uncomfortable pressure, fullness or squeezing pain in the center of the chest.
- Expanded pain in the upper abdomen.
- Shortness of breath.
- Pain or numbness in either arms, shoulders, neck, jaw or teeth.
- Dizziness or fainting.
- Nausea and sweating.

If you or someone else may be having a heart attack - follow these steps immediately:

- **DIAL 911**
- **Chew and swallow Aspirin (unless you are allergic/not allowed to)**
- **Take Nitroglycerin (only if prescribed)**
- **Begin CPR if the person is unconscious**

IN AN EMERGENCY, DIAL 911

⊕ *Emergency First-Aid Tips* ⊕

FIRST AID FOR BURNS & CHOKING

BURNS

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

Bandage the burn with sterile gauze:

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

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

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

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

IN AN EMERGENCY, DIAL 911

⊕ *Emergency First-Aid Tips* ⊕

FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

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

CALL 911.

Administer emergency prescription medication. See if the person is carrying special emergency allergy medicine and give it to them according to the directions.

Loosen tight clothing.

Lay the person down. The person should lay down on their back with feet elevated. Turn them on their side if they are vomiting or bleeding from their mouth to prevent them from choking.

If they are not breathing - administer CPR. Most insect bite reactions are mild and cause no allergic reaction. If stung by a bee, use a straight edged object, like a credit card, to scrape away the stinger. Don't use tweezers - they can pinch more venom out of the stinger. Apply an ice pack to the area and take an over the counter pain reliever.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

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

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

Keep your pets safe from household chemicals, too. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.

IN AN EMERGENCY, DIAL 911

Safety Tips for Parents & For Kids

PARENTS:

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

KIDS:

FIRE SAFETY

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

HOME ALONE

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

Emergency Numbers For Kids

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

MY ADDRESS: _____

MY PHONE NUMBER: _____

MOM AT WORK: _____

MOM CELL PHONE: _____

DAD AT WORK: _____

DAD CELL PHONE: _____

NEIGHBOR: _____

EMERGENCY CONTACT: _____

POISON CONTROL: 1-800-222-1222

EMERGENCY DIAL

911

2011 CALENDAR

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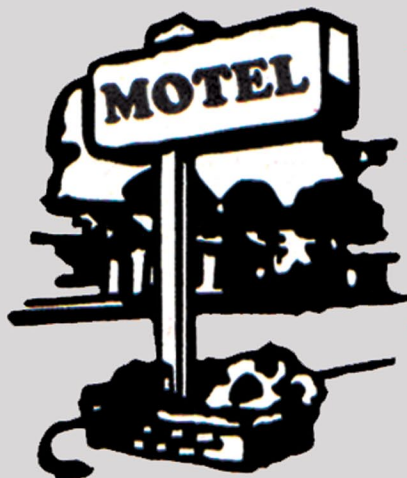
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