

Free

Resident Guide



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

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Beltrami County



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LOCAL AREA EVENTS

JANUARY

Snow Ball | Bemidji
Squirt A Hockey Home Tournament | Bemidji
Candle Light Ski Tour | Bemidji

FEBRUARY

5K Polar Challenge | Bemidji
Annual BRRRmidji Plunge | Bemidji
Lake Bemidji Pond Hockey Classic | Bemidji
Minnesota Finlandia | Bemidji
Candlelit Ski Tours | Bemidji
Brrrmidji Polar Daze | Bemidji
Hardwater Classic | Bemidji

MARCH

The World's Shortest St. Patrick's Day Parade | Bemidji
Gun Show | Bemidji
Northern Minnesota Safety Conference | Bemidji

APRIL

Antique, Art & Craft Fair | Bemidji
Easter Egg Hunt | Bemidji
Home Sport & Travel Show | Bemidji

MAY

Beltrami Multi-Vendor Indoor Garage Sale | Bemidji
Annual Paul Bunyan Coop Celebration | Bemidji
Bemidji Chorale Spring Concert | Bemidji

JUNE

Bemidji Youth Rally
Depot Day | Bemidji
Annual Knights of Columbus Walleye Classic | Bemidji
Annual Bemidji Jaycees Water Carnival (June-July)
Bike Bemidji Loop the Lake Festival | Bemidji
Chippewa Triathlon | Cass Lake
Annual Debbie Memorial Golf Tournant | Bemidji
*Woodcarvers' Festival | Blackduck

JULY

The Birchmont Golf Tournament | Bemidji
Babes Burnout Car Show | Bemidji
Art in the Park | Bemidji
Anishinaabe Art Festival | Bemidji
Moon Dance Jam | Walker
Big Bog Festival | Kelliher
4th of July Traditional Pow Wow | Red Lake
Watermark Art Festival | Bemidji

AUGUST

Beltrami County Fair | Bemidji
Dragon Boat Festival | Bemidji
Lumberjack Scramble Golf Tournament | Bemidji
*Backwoods Bash | Blackduck

SEPTEMBER

North Country Arts & Crafts Workshop | Bemidji
Annual United Way Trap Tournament | Bemidji
Tiny Tots Health and Wellness Fair | Bemidji
Bemidji State University Homecoming | Bemidji

OCTOBER

Bemidji Blue Ox Marathon
Annual BSU/NTC All Campus Health fair | Bemidji
Great Pumpkin 5K Fun Run/Walk | Bemidji
Scarecrow Festival | Bemidji
Bark n' Boo | Bemidji
Boo Bash | Bemidji
Boo Dash 5k Trail Run | Bemidji

NOVEMBER

Night We Light Celebration & Illuminated Parade | Bemidji
Charlie Berens Live at the Sanford Center | Bemidji
Annual Lefse Festival | Bemidji

DECEMBER

Sankta Lucia Festival | Bemidji
Sweet Saturday with Santa | Bemidji
Annual Winter Bird Count (Dec 14 - Jan 5) | Bemidji

**For more information on events throughout Beltrami County, visit: www.exploreminnesota.com.*

**Events are subject to change*

**Some locations have seasonal hours, be sure to call ahead.*

***Backwoods Bash (Blackduck):**

Begin the 5k with a white shirt and end with it covered in colors. Register by August 1st to guarantee yourself a t-shirt. Race day registration starts at 8am. The run is not timed. Also at the Backwoods Bash is a parade, a water contest with the fire department, and a corn feed.

Contact: 218-835-4803

***Annual Woodcarvers Festival (Blackduck):**

Annually, for a quarter century, Rain or shine, it is always held on the last Saturday in June. The town explodes with visitors that pack into town to experience this festival. Many wood carvers, from around the nation, bring crafts to display and sell. Along with the artists, food/drink vendors will be in attendance making sure no one goes hungry. Also, don't miss the "Uff-DaTacos" and freshly squeezed lemonade to wash it down.

We will be having a raffle for you to participate in as well. Each year, tickets are sold and a local carver donates one special piece to raffle off. The drawing for this beautiful work of art is held at the end of the day when the lucky winner is notified.

Be sure to mark your calendar to attend this annual, unique experience!
For more information go to www.blackduckmn.com or call 218-835-4949

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Assessor	333-4110
Attorney	333-4219
Auditor/Treasurer	333-4175
Economic Assistance	333-8300
Environmental Services	333-4158
Extension.....	444-5722
GIS/Mapping	333-8457
Highway	333-8173
Human Resources	333-4156
Natural Resource Management	333-4210
Public Health	333-8140
Records	333-4170
Sheriff	333-9111
Social Services/Real Estate.....	333-4223
Taxpayer Services	333-4138
Veterans Services	333-4178
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Beltrami County was named in honor of Giacomo Costantino Beltrami, an Italian explorer who founded the most northern sources of the Mississippi river. Beltrami County was established on February 28, 1866. Bemidji was named county seat thirty years later in 1896. Beltrami County's area included about two-thirds of the southern part of the county as well as part of present day Clearwater County. Settlers were attracted to the abundance of timber in the area. The lumber industry was very influential in the county until its decline in the mid 1900s when agriculture took over as the top industry. In 1900 the population of Beltrami County had reached 11,030 residents. Beltrami County is a big tourist destination today because of the high amounts of lakes, recreational activities, history and rich heritage in the area. Today Beltrami County is home to approximately 43,835 residents.

CITIES:

- BEMIDJI (COUNTY SEAT)** – pop. 13,541
- BLACKDUCK** – pop. 761
- FUNKLEY** – pop. 16
- KELLIHER** – pop. 306
- SOLWAY** – pop. 73
- TENSTRIKE** – pop. 207
- TURTLE RIVER** – pop. 80
- WILTON** – pop. 195

TOWNSHIPS:

- ALASKA** – pop. 207
- BATTLE** – pop. 63
- BEMIDJI** – pop. 3,360
- BENVILLE** – pop. 69
- BIRCH** – pop. 123
- BUZZLE** – pop. 303
- CORMANT** – pop. 215
- DURAND** – pop. 187
- ECKLES** – pop. 1,098
- FROHN** – pop. 1,554
- GRANT VALLEY** – pop. 1,548
- HAGALI** – pop. 341
- HAMRE** – pop. 16
- HINES** – pop. 713
- HORNET** – pop. 241
- JONES** – pop. 294
- KELLIHER** – pop. 159
- LAMMERS** – pop. 524
- LANGOR** – pop. 198
- LEE** – pop. 38
- LIBERTY** – pop. 663

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- MAPLE RIDGE** – pop. 115
- MINNIE** – pop. 20
- MOOSE LAKE** – pop. 217
- NEBISH** – pop. 340
- NORTHERN** – pop. 4,708
- O'BRIEN** – pop. 59
- PORT HOPE** – pop. 626
- QUIRING** – pop. 95
- ROOSEVELT** – pop. 232
- SHOOKS** – pop. 203
- SHOTLEY** – pop. 57
- SPRUCE GROVE** – pop. 67
- STEENERSON** – pop. 30
- SUGAR BUSH** – pop. 206
- SUMMIT** – pop. 274
- TAYLOR** – pop. 123
- TEN LAKE** – pop. 1,152
- TURTLE LAKE** – pop. 1,186
- TURTLE RIVER** – pop. 1,162
- WASKISH** – pop. 123
- WOODROW** – pop. 78

CENSUS DESIGNATED PLACES:

- LITTLE ROCK** – pop. 1,055
- PONEMAH** – pop. 874
- RED LAKE** – pop. 1,430
- REDBY** – pop. 957

**Populations are approximate.*

BEMIDJI (COUNTY SEAT)

Bemidji's name was derived from the Leech Lake Indian word Bemidjigumaug, which means "river or route flowing crosswise." It was also named after Chief Bemidji, an elder of the tribe. Early inhabitants were hunters and grew a large amount of rice in the area. Settlers first arrived to the area in the mid 1880s. Many were attracted to the rich agricultural land and wood for timber. The Bemidji area became very successful because of the trading and logging industry in the late 1800s. Bemidji was incorporated in 1896 and populations increased because of railroads and industry entering the area. By the early 1900s the Bemidji Crookston sawmill was considered the second largest in the nation. Bemidji is the most populous city in Beltrami County and was named the county seat in 1896. Railroads declined in the area in the 1940s and were replaced by automobile traffic and new highway systems. Bemidji is a popular tourist destination today because it is home to the mythical Paul Bunyan and Babe the Blue Ox statues and stories. Today Bemidji is home to approximately 13,541 residents.

BLACKDUCK

Blackduck was named after the abundance of species of duck that can be found throughout Minnesota. The village was developed as the center of a lumbering district in the early 1900s. Lumber was the main industry until its decline in the mid 1900s. Agriculture became very prosperous in Blackduck and still continues to thrive. Today Blackduck is home to approximately 761 residents.

FUNKLEY

Funkley was incorporated as a village on January 14, 1904. Funkley was named in honor of Henry Funkley, a lawyer from Bemidji. It was originally named Hovey Junction for the Minnesota and International Railway station. The town was established in 1903 and business soon entered the area. The post office was also established in 1903 and was in operation until 1967. Today Funkley is home to approximately 16 residents.



HINES

Hines was named in honor of the William Hines family, one of the first that settled in the area. It was originally named Blackduck Township but was renamed in 1915 after postal confusion with the city of Blackduck. Hines was established in 1904 and businesses started arriving. Like much of the area, settlers were attracted to Hines because of the logging industry. Populations increased with the introduction of railroads in the area. Today Hines is home to approximately 713 residents.

KELLIHER

Kelliher was named in honor of A. O. Kelliher, a former agent for many lumber companies in the area. The city was incorporated as a village on October 3, 1903. Populations increased because of its location on the Minnesota and International Railway. Early industry included agriculture and logging. Today Kelliher is home to approximately 306 residents.

NEBISH

Nebish's name is derived from the Ojibway word anibish, which simply means "tea." The post office was established in 1898. The railroad was extended from Nebish into Bemidji in 1905. Nebish became a prosperous town and an agricultural center soon after the railroads were introduced. Populations and businesses in Nebish began to decline after The Minneapolis, Red Lake, and Manitoba Railway closed its operation and its tracks were removed in 1939. Today Nebish is home to approximately 340 residents.

SOLWAY

Solway was named after Solway Firth, an inlet from the Irish Sea between England and Scotland. The post office began in 1898 and populations grew slowly because of arriving businesses and industry. Many of Solway's buildings were erected in the late 1800s. A fire destroyed much of the town in 1905 and 1910. Today Solway is home to approximately 73 residents.

TENSTRIKE

Tenstrike was named by M.R. Brown, the mayor of Crookston, Minnesota after he had success with trading posts in the area. He was quoted in saying that he had made a "Tenstrike" in locating his trading posts in the area. Tenstrike was incorporated as a village on March 11, 1901. Railroads reached Tenstrike by 1900. Populations increased with the arrival of industry and a variety of mills, churches, schools, businesses and manufacturing centers started thriving. Today Tenstrike is home to approximately 207 residents.

TURTLE RIVER

Turtle River was named after the Turtle Lake and Turtle River that flows through it. Construction of the town began in 1899 by Fred DeSilver, who built a hotel and several stores. Railroads were introduced in 1901 and increased the population of the area. The post office was opened in 1899 and was operated until 1944. Two fires had destroyed most of the buildings in Turtle River in the early 1900s. Residents quickly rebuilt and business and agriculture started thriving again. Today Turtle River is home to approximately 80 residents.

WASKISH

Waskish was originally named Wahwaushkayshe, which was shortened to Washkish, and then again to the current Waskish. The first building was erected in 1902. Waskish's first post office was established in 1910. Populations grew slowly with the arrival of businesses and the logging industry to the area. Today Waskish is home to approximately 123 people.

WILTON

Wilton was named after many of the villages and towns found all over the eastern United States and England. Wilton was incorporated on May 26, 1906. Railroads were introduced to the area in the early 1900s. The first post office was established in 1900 and businesses, churches and schools started thriving in the area. Populations increased with the rise of the lumber industry and the introduction of agriculture in the area. Today Wilton is home to approximately 195 residents.

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also a cheap sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.

Disc Golf



AREA TRIVIA/FUN FACTS

- Beltrami County was named after one of its first explorers, an Italian, Count Beltrami.
- Originally, Beltrami County was part of Bemidji County, but in 1889 legislatures authorized the 137 townships to be separated into Beltrami County.
- Beltrami County was fully organized in 1889, and named Bemidji as its county seat.
- Beltrami County hosts 2 Native American Reservations. Red Lake & Leech Lake.
- Beltrami County is made up of 116,000 acres of lakes and rivers and 459,000 acres of state forest land.
- There are 86 townships in Beltrami County.
- In 1902, Beltrami voted 28 full townships and 2 half townships to the newly created Clearwater County.
- In 1923 Lake of the Woods County was created and gave the county its present size of 1,604,695 acres.
- Beltrami County Borders 8 other counties in Minnesota.
- After a 2.1% increase from 2010, Beltrami County is home to roughly 45,375 residents.
- Bemidji is often referred to as the "First City on the Mississippi" since it marks the beginning of the Mississippi River. It is where the river starts its journey to the Gulf of Mexico.
- Bemidji is home to Bemidji State University, which was founded in 1919. The university is known for its strong programs in environmental studies, arts, and sciences.
- The city is famous for its Paul Bunyan and Babe the Blue Ox statues, which are iconic landmarks. The statues are located on the shore of Lake Bemidji and attract numerous visitors each year.
- Lake Bemidji, located in the city, is a popular recreational spot for fishing, boating, and other water activities. It offers opportunities for walleye, muskie, and bass fishing.
- Bemidji is rich in Native American history and culture. The city lies in the heart of the Leech Lake Indian Reservation, and the Ojibwe people have a strong presence in the area.
- Bemidji has a vibrant arts scene with numerous galleries, theaters, and cultural events. The city hosts the annual Bemidji Sculpture Walk, featuring outdoor sculptures by local and regional artists.
- Bemidji is known for its beautiful natural surroundings, including forests, lakes, and trails. It is surrounded by the Chippewa National Forest, which offers opportunities for hiking, camping, and wildlife viewing.
- The city has a thriving winter sports scene. It is a popular destination for cross-country skiing, snowmobiling, and ice fishing. Bemidji has hosted events like the US National Pond Hockey Championships and the International Eelpout Festival.
- Bemidji is home to the Paul Bunyan Playhouse, one of the oldest professional summer stock theaters in the United States. Established in 1951, it showcases a variety of theatrical productions during the summer season.
- The city has a strong sense of community and is known for its friendly residents. Bemidji has been recognized as one of the "Best Small Towns in America" and has a welcoming and inclusive atmosphere.

Mosquitoes

Prevention & Health Risks



A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are:

- Bats
- Frogs
- Fish
- Turtles
- Birds
- Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed:

- Citronella
- Geranium
- Eucalyptus
- Rosemary
- Basil
- Anise
- Mint
- Marigolds
- Catnip
- Wormwood
- Tansy
- Lavender
- Cedar
- Cloves

Don't have stagnant water sitting around in things like buckets or tires.

BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are:

- Dengue
- Encephalitis
- Malaria
- Yellow Fever.

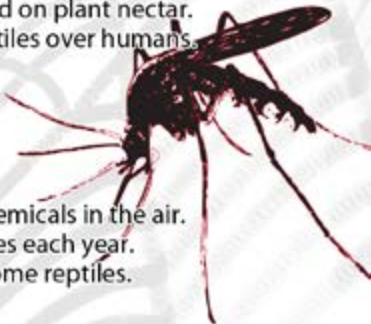
Mosquitoes can also transmit diseases to animals. A couple of these diseases are:

- Heartworm (mostly to dogs & cats)
- Encephalitis.

To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- There are around 50 different mosquito species in the Upper Midwest.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



TICKS

Diseases & Prevention



You can get a tickborne disease if you are bitten by a tick that is infected • Tickborne diseases are increasing throughout the United States. • Personal protection methods can help reduce the odds of a tick bite while enjoying the outdoors

Some symptoms of a tickborne disease

- Many tickborne diseases have similar symptoms
 - Symptoms usually show up within 2-4 weeks of being bitten
- Watch for symptoms like:

- Rash
- Fever
- Headache
- Fatigue
- Muscle or joint aches



Tick Removal

Prompt tick removal is important. Use tweezers to grasp the tick close to its mouth. Gently and slowly pull the tick straight outward. Do not squeeze the ticks' body. Wash the area and apply an antiseptic to the bite. Watch for early signs and symptoms of a tickborne disease. Don't use folk remedies like Petroleum Jelly or a burnt match.

Blacklegged Tick Coverage

American Dog Tick Coverage

Lone Star Tick Coverage

Blacklegged (Deer) Tick
Lyme disease
Anaplasmosis
Babesiosis
Ehrlichiosis
Powassan virus disease

American Dog (Wood) Tick
Rocky Mountain Spotted Fever
Tularemia

Lone Star Tick
Ehrlichiosis
Tularemia
Heartland virus disease
Southern Tick-Associated Rash Illness (STARI)

Protect Yourself from Tickborne Diseases

- 1-Know when and where you're at risk
 - Primarily Mid-May through Mid-July
 - Wooded and brushy areas – Blacklegged Tick
 - Grassy or wooded areas – American Dog Tick
- 2-Wear EPA-registered tick repellent
 - DEET 20-30% on skin or clothing
 - Permethrin 0.5% on clothing
- 3-Check yourself for ticks
 - Shower after being outdoors
 - Check at least once a day
 - Remove ticks ASAP!



BUENA VISTA STATE FOREST

Beltrami County | (651) 296-6157

Located in Beltrami County, Buena Vista State Forest features 21 miles of snowmobiling trails, 20 miles of cross-country trails, hunting opportunities, picnic areas and recreation trails.

HEARTLAND STATE TRAIL

Bemidji | (651) 296-6157

The Heartland State Trail starts in Bemidji and will extend 120 miles to Baxter, in Crow Wing County when completed. The trail is accessible to hikers, cyclists, mountain bikers and snowmobilers.

LAKE BEMIDJI STATE PARK

3401 State Park Rd. NE | Bemidji |
(218) 308-2300

Lake Bemidji State Park is located ten minutes north of Bemidji and features a campground, hiking, biking, cross-country skiing, snowmobile trails, picnic areas, boating, swimming areas and fishing opportunities.

MISSISSIPPI HEADWATERS STATE FOREST

Wilton | (651) 296-6157

Located on Grant Lake, Mississippi Headwaters State Forest features 45,290 acres of land and lakes, picnic areas, swimming areas, hiking and biking trails and snowmobile trails.

MORPH MEADOWS WILDLIFE MANAGEMENT AREA

Pennington | (651) 296-6157

Located just outside of Pennington Morph Meadows WMA features hunting opportunities and nature trails.

THREE ISLAND PARK

7015 Island View Rd. NE Bemidji |
(218) 333-4210

Located on Three Island Lake just minutes north of Bemidji, Three Island Park features snowmobile trails, ATV trails, recreational trails, groomed cross-country ski trails, boat access, hunting opportunities and picnic areas.

The Best of Minnesota Outdoors

Hiking:

*Superior Hiking Trail, Lake Superior
Silver Creek Trail, Jay Cooke State Park
North River Trail, Afton State Park
Glacial Pothole Trail, Interstate State Park
Sioux Hustler Trail, Superior National Forest*

Fishing:

*Bass: Lake Vermilion, Tower
Walleye: Leech Lake, Walker
Muskellunge: Lake Oscar, Holmes City
Northern Pike: Lake of the Woods, Warroad*

Golf Courses:

*Interlachen, Edina • Spring Hill, Wayzata
Hazeltine National, Chaska
Giants Ridge Golf & Ski Resort, Biwabik
The Wilderness at Fortune Bay, Tower*

Mountain Biking:

*Cuyuna Lakes, Ironton • Lebanon Hills, Eagan
Elm Creek Park, Champlin • Brewer Park, Duluth
Spirit Mountain, Duluth • Piedmont, Duluth*

Skiing:

*Lutsen Mountains, Lutsen • Afton Alps, Afton
Elm Creek Winter Rec. Area, Maple Grove
Powder Ridge Ski Area, Kimball
Giants Ridge Golf & Ski Resort, Biwabik*

AREA ATTRACTIONS

BELTRAMI COUNTY HISTORY CENTER

130 Minnesota Ave. | Bemidji |
(218) 444-3376
www.beltramihistory.org

BEMIDJI BOWL

3455 Laurel Dr. NW | Bemidji |
(218) 751-2153
www.bemidjibowl.com

BEMIDJI BREWING

211 America Ave. NW | Bemidji |
(218) 444-7011
www.bemidjibeer.com

BEMIDJI SKATEPARK

1504 23rd St NW #1334 | Bemidji

BLACKDUCK BOWLING LANES

233 Summit Ave. W | Blackduck |
(218) 835-6620

BLACKDUCK THEATER

56 Main St. | Blackduck | (218) 835-5822
www.moorefamilytheatres.com

BUENA VISTA SKI AREA

19600 Irvine Ave. NW | Bemidji |
(218) 243-2231
www.bvskiarea.com

CASS LAKE MUSEUM

325 Lyle Chisholm Dr. | Cass Lake |
(218) 335-6723
www.casslake.com

CEC BEMIDJI THEATRE

5284 Theatre Ln. | Bemidji | (218) 759-0324
www.cectheatres.com

CIRCUS ARCADE

1401 Paul Bunyan Dr. #16 | Bemidji |
(218) 751-7733

CRUISE MASTERS-MINNESOTA

703 Paul Bunyan Dr. | Bemidji |
(218) 751-9600
www.cruisemastersofmn.com

FREEDOM DEFENDERS VETERANS MEMORIAL

130 Minnesota Ave. SW | Bemidji

GALLERY NORTH

310 4th St. NW | Bemidji | (218) 444-9813
www.gallerynorthbemidji.com

GLAZED & AMUSED

1401 Paul Bunyan Dr. NW | Bemidji |
218-333-6880

HEADWATERS SCIENCE CENTER

413 Beltrami Ave. | Bemidji | (218) 444-4472
www.hscbemidji.org

MAPLE RIDGE GOLF COURSE

24907 Beltrami Line Rd. | Bemidji |
(218) 751-8401

NORTH BELTRAMI HERITAGE CENTER

182 Clark Ave. N | Kelliher | (218) 647-8845
www.northbeltramiheritagecenter.org

PAUL BUNYAN & BABE THE BLUE OX STATUES

300 Bemidji Ave. N | Bemidji | (218) 759-0164
www.bemidji.org

PAUL BUNYAN PLAYHOUSE

314 Beltrami Ave. | Bemidji | (218) 751-7270
www.thechieftheater.com

PAUL BUNYAN'S ANIMAL LAND

3857 Animal Land Dr. SE | Bemidji |
(218) 759-1533

SCULPTURE WALK

300 Bemidji Ave. N | Bemidji | (218) 759-0164

SEVEN CLANS CASINO

10200 Hwy. 89 | Red Lake | (888) 679-2501
www.sevenclanscasino.com

THE DIVE DEPOT

1615 Fern St. NW | Bemidji | 218-444-3467

WATERMARK ART CENTER

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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.

OPENERS

- 09/23/23 Take a Kid Hunting Weekend - Statewide
- 09/23/23 Waterfowl - Statewide
- 11/4/23 Deer - Firearms - Statewide

HUNTING

Bear

- 08/11/23 Bear baiting start date Permit areas & no-quota area
- 09/1/23 - 10/15/23 Bear Permit areas & no-quota area

Deer

- 09/16/23 - 12/31/23 - Archery Statewide
- 10/19/23 - 10/22/23 - Early Antlerless
- 10/19/23 - 10/22/23 - Youth Statewide
- 11/4/23 - 11/19/23 - Firearm (Season A) 100 Series permit areas
- 11/4/23 - 11/12/23 - Firearm (Season A) 200 & 300 Series permit areas
- 11/18/23 - 11/26/23 - Firearm (Season B) 300 Series permit areas
- 11/25/23 - 12/10/23 - Muzzleloader - Statewide

Badger

- 10/14/23 - 03/15/24 North furbearer zone
- 10/21/23 - 03/15/24 South furbearer zone

Bobcat

- 12/16/23 - 01/21/24 North of I-94 and U.S. Highway 10

Fox, Gray & Red

- 10/14/23 - 03/15/24 North furbearer zone
- 12/23/23 - 03/15/24 South furbearer zone

Opossum

- 10/14/23 - 03/15/24 North furbearer zone
- 10/21/23 - 03/15/24 South furbearer zone

Rabbit

- 09/16/23 - 02/28/24 Rabbit, Jack - Statewide
- 09/16/23 - 02/28/24 Rabbit, Cottontail & Snowshoe Hare - Statewide

Raccoon

- 10/14/23 - 03/15/24 North furbearer zone
- 10/21/23 - 03/15/24 South furbearer zone

Squirrel, Gray & Fox

- 09/16/23 - 02/29/24 Statewide

Grouse

- 09/16/23 - 11/29/23 Sharp-Tailed - Northwest zone
- 09/16/23 - 01/1/24 Ruffed & Spruce - Statewide

Pheasant

- 10/14/23 - 01/1/24 Ring-Necked - Statewide

Wild Turkey

- 02/10/23 WMA lottery deadline
- 04/12/23 - 05/31/23 - Youth - Statewide
- 04/12/23 - 05/31/23 - Archery - Statewide
- 04/12/23 - 04/18/23 - A season - Statewide
- 04/19/23 - 04/25/23 - B season - Statewide
- 04/26/23 - 05/2/23 - C season - Statewide
- 05/3/23 - 05/9/23 - D season - Statewide
- 05/10/23 - 05/16/23 - E season - Statewide
- 05/17/23 - 05/31/23 - F season - Statewide
- 09/30/23 - 10/29/23 - Fall - Statewide

TRAPPING

Badger

- 10/14/23 - 03/15/24 North furbearer zone
- 10/21/23 - 03/15/24 South furbearer zone

Bobcat

- 12/16/23 - 01/21/24 North of I-94 and U.S. Highway 10

Fox

- 10/14/23 - 03/15/24 Gray & Red - North furbearer zone
- 12/23/23 - 03/15/24 Gray & Red - South furbearer zone

Opossum

- 10/14/23 - 03/15/24 North furbearer zone
- 10/21/23 - 03/15/24 South furbearer zone

Rabbit

- 09/16/23 - 02/28/24 Rabbit, Jack - Statewide
- 09/16/23 - 02/28/24 Rabbit, Cottontail & Snowshoe Hare - Statewide

Raccoon

- 10/14/23 - 03/15/24 North furbearer zone
- 10/21/23 - 03/15/24 South furbearer zone

Squirrel

- 09/16/23 - 02/29/24 Gray & Fox Statewide

*Check the MN DNR website for updates.

<https://www.dnr.state.mn.us>

or scan the QR code



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You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online: www.dnr.wi.gov, Toll Free: 1 (888) 936-7463
Or visit one of the ELS agents available throughout Beltrami County:

BEMIDJI

CENEX CONVENIENCE STORE

120 Convenience Ln. SE | Bemidji | (218) 751-1830

JOE'S LODGE

15228 Joe's Lodge Dr. SE | Bemidji | (218) 338-6773

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2740 Paul Bunyan Dr. | Bemidji | (218) 751-3237

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MY STORE - TURTLE RIVER

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NORTHDALE OIL NORTH

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NORTHDALE OIL SOUTH

2202 Division St. W | Bemidji | (218) 444-7500

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NORTHERN SURPLUS

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PETRO SERVE USA #057

2470 Paul Bunyan Dr. NW | Bemidji | (218) 751-7504

PIMUSHE RESORT

7376 Pimushe Tr. NE | Bemidji | (218) 586-2094

RIDGE TOP OUTDOORS, LLC

149 Convenience Ln. SW | Bemidji | (218) 444-8700

BEMIDJI (Contd.)

WALMART SUPERCENTER #3233

2025 Paul Bunyan Dr. | Bemidji | (218) 755-6120

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7189 Pete Ln. NW | Bemidji | (218) 751-1218

BLACKDUCK

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209 Summit Ave. W | Blackduck | (218) 835-4636

HINES

DUNROVIN RESORT

19262 Blackduck Lake Rd. NE | Hines | (218) 835-7759

KELLIHER

VILLAGE ONE STOP

143 Clark Ave. | Kelliher | (218) 647-8266

PENNINGTON

SCENIC STORE

3070 Scenic Hwy. NE | Pennington | (218) 335-2721

SOLWAY

MY STORE - SOLWAY

4304 Alder St. NE | Solway | (218) 467-3391

WASKISH

MY STORE - WASKISH

54345 Hwy. 72 NE | Waskish | (218) 647-8725

WEST WIND RESORT

54719 NE Hwy. 72 | Waskish | (218) 647-8998

FIREWOOD

Burn it where you get it!

Invasive pests like the Emerald Ash Borer and Gypsy Moth have devastated millions of trees in the United States. Where these pests come from, the population stays in control because, they have natural predators. The United States does not have these natural predators so the populations have the chance to grow to extreme numbers.



Emerald Ash Borer

Gypsy Moth Caterpillar

Preventing the Spread

- Buy local firewood.
- Burn all firewood completely at each destination.
- Move only Certified firewood out of a quarantine county or across state boundaries.
- Use firewood from nearby sources to heat your home or cabin.
- Tell your friends and family about the importance of not moving firewood.
- Don't move hardwood firewood out of a quarantine county, unless it is state or USDA certified.
- Don't move opened firewood bundles.
- Don't move firewood long distances to or from your lake home or cabin.

Invasive Pests are a Problem!

FISHING SEASONS

OPENERS

- Stream trout opener - 04/15/23
- Walleye, sauger and northern pike opener - 05/13/23
- Muskellunge opener - 06/03/23

INLAND WATERS

Walleye and Sauger 5/13/23 - 2/25/24
6 combined, not more than one walleye over 20"

Northeast zone

Northern Pike 5/13/23 - 2/25/24
Angling: 2 (not more than 1 over 40" in possession. All from 30-40" must be immediately released).

Northern Pike 11/15/23 - 2/25/24
Darkhouse spearing: 2 (Not more than 1 over 26").

North-central zone

Northern Pike 5/13/23 - 2/25/24
Angling: 10 (not more than 2 over 26". All from 22-26" must be immediately released).

Northern Pike 11/15/23 - 2/25/24
Darkhouse spearing: 10 (only 1 between 22-26" and 1 over 26"; or, only 2 over 26").

Southern zone

Northern Pike 5/13/23 - 2/25/24
Angling: 2 (Minimum size 24").

Northern Pike 11/15/23 - 2/25/24
Darkhouse spearing: 2 (Minimum size 24").

Muskellunge 6/3/23 - 12/1/23
1, minimum size 54"

Largemouth and smallmouth bass in the Northeast zone, north and east of US Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County.

5/13/23 - 2/25/24 6 combined

Largemouth and smallmouth bass in the rest of the state

5/13/23 - 5/26/23, Catch-and-release only

Largemouth and Smallmouth Bass

5/27/23 - 9/10/23 6 combined
Largemouth Bass 9/11/23 - 2/25/24 6
Smallmouth Bass 9/11/23 - 2/25/24

Catch-and-release only

Crappie	Continuous	10
Sunfish	Continuous	20
Rock Bass	Continuous	30
White Bass	Continuous	30
Channel Catfish	Continuous	5 in combination with Flathead Catfish, only 1 fish over 24"

Flathead Catfish 4/1/23 - 11/30/23
2, only 1 fish over 24" in combination with Channel Catfish

Perch
Continuous 20 daily and 40 in possession

Bullhead Continuous 100
Whitefish, Cisco, and Burbot Continuous,
No limit (Exception: On Leech Lake Indian Reservation whitefish limit 25 and cisco limit 50).

Smelt Continuous No limit
Including Lake Superior and St. Louis River

Lake and Shovelnose Sturgeon
3/1/23 - 4/14/23
Catch-and-release only, no tag needed
Including Lake Superior and St. Louis River

Lake and Shovelnose Sturgeon
6/16/23 - 4/14/24
Catch-and-release only, no tag needed

Paddlefish No open season
Longnose and Shortnose Gar
Continuous 10 combined

FREE FISHING

Take a kid fishing weekend

June 9-11, 2023
Minnesotans 16 or older who take a child 15 or younger fishing don't need a license.

*Contact the MN DNR for specific zone information/dates by calling: 1 (888) 646-6367, www.dnr.state.mn.us or scan the QR code



How can Indigenous ways of knowing be used to live sustainably in a changing world?

Find out.

Classes on the shores of Lake Bemidji and nestled in the pines.



CONTACT: Erika Bailey-Johnson or Awanookwe-Kingbird-Bratvold at (218) 755-2560 + VISIT: bemidjistate.edu & search for "Niizhoo"

A member of the colleges and universities of Minnesota State, Bemidji State University is an affirmative action, equal opportunity educator and employer.

Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:

- **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved.
- **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water.
- **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely.
- **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly.
- **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents.
- **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather.
- **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you.
- **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way.
- **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina.
- **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.

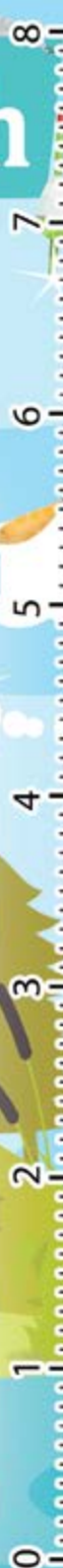
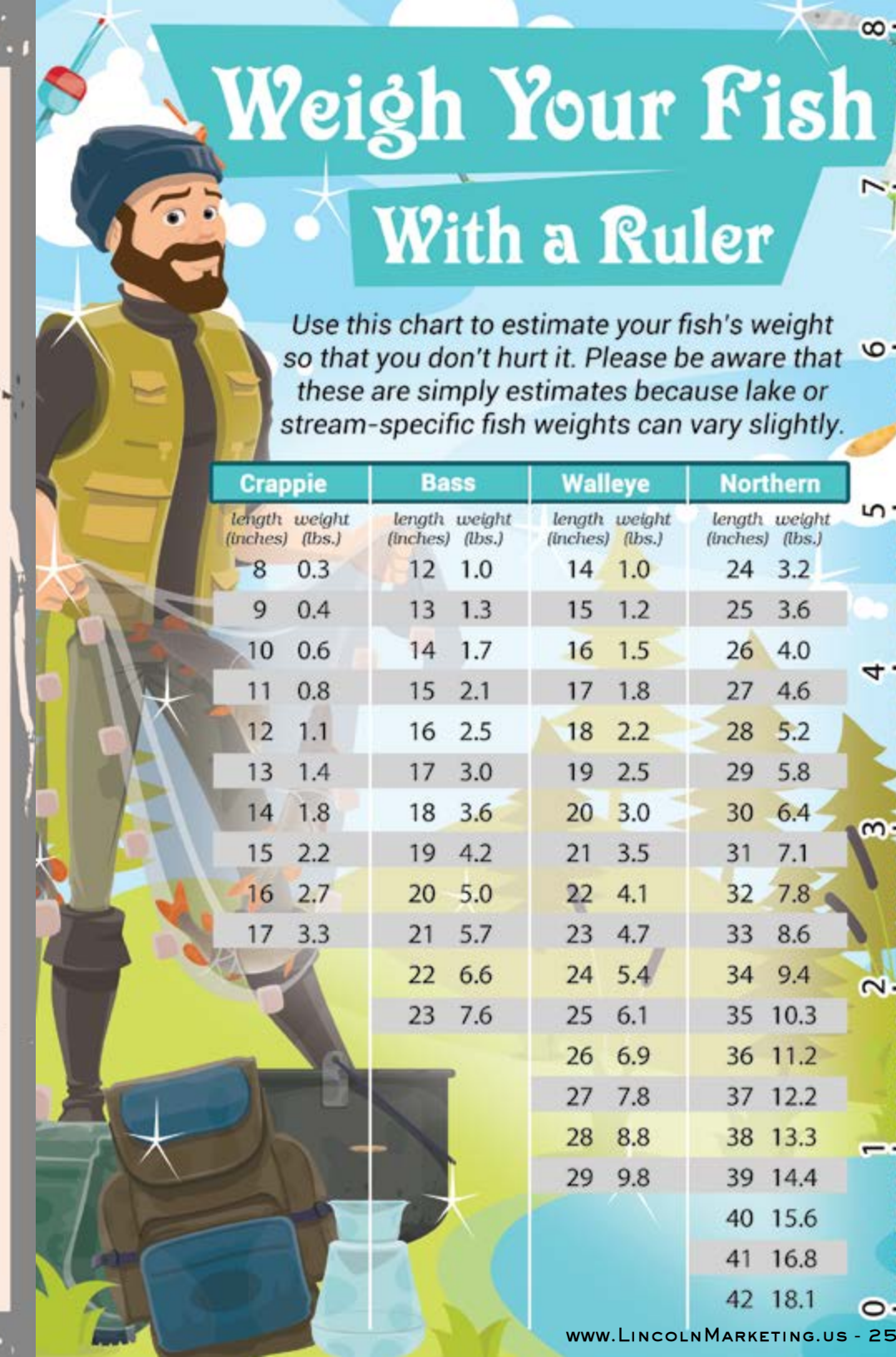


By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.

Weigh Your Fish With a Ruler

Use this chart to estimate your fish's weight so that you don't hurt it. Please be aware that these are simply estimates because lake or stream-specific fish weights can vary slightly.

Crappie		Bass		Walleye		Northern	
length (inches)	weight (lbs.)	length (inches)	weight (lbs.)	length (inches)	weight (lbs.)	length (inches)	weight (lbs.)
8	0.3	12	1.0	14	1.0	24	3.2
9	0.4	13	1.3	15	1.2	25	3.6
10	0.6	14	1.7	16	1.5	26	4.0
11	0.8	15	2.1	17	1.8	27	4.6
12	1.1	16	2.5	18	2.2	28	5.2
13	1.4	17	3.0	19	2.5	29	5.8
14	1.8	18	3.6	20	3.0	30	6.4
15	2.2	19	4.2	21	3.5	31	7.1
16	2.7	20	5.0	22	4.1	32	7.8
17	3.3	21	5.7	23	4.7	33	8.6
		22	6.6	24	5.4	34	9.4
		23	7.6	25	6.1	35	10.3
				26	6.9	36	11.2
				27	7.8	37	12.2
				28	8.8	38	13.3
				29	9.8	39	14.4
						40	15.6
						41	16.8
						42	18.1

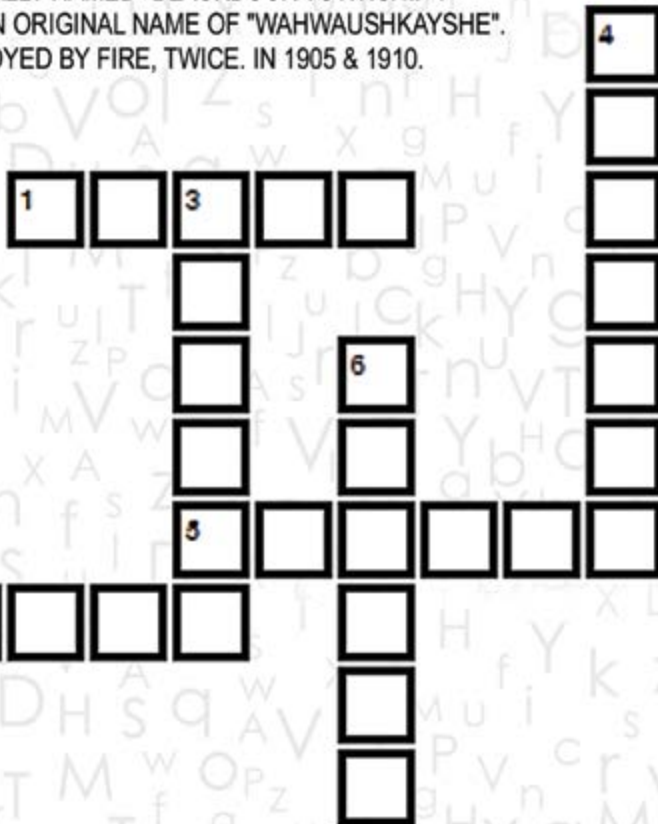


CROSSWORD PUZZLE

(Read Guide
for Clues)

ACROSS

1. THIS CITY WAS ORIGINALLY NAMED "BLACKDUCK TOWNSHIP".
2. THIS TOWNSHIP HAD AN ORIGINAL NAME OF "WAHWAUSHKAYSHE".
5. THIS CITY WAS DESTROYED BY FIRE, TWICE. IN 1905 & 1910.



DOWN

3. THIS CITY HAS A NAME DERIVED FROM THE OJIBWAY WORD FOR "TEA".
4. "HOVEY JUNCTION" WAS THIS CITY'S ORIGINAL NAME.
6. THIS CITY HAS AN APPROXIMATE LISTED POPULATION AT 195.

WORD SEARCH

J	L	B	U	Z	Z	L	E	N	U	J	E	H	S	Z	B	F	H	U	S	R	F	X	M	C	L	T	G	H	R
B	Y	N	X	X	M	C	I	G	W	X	J	A	O	Z	O	E	C	T	G	I	H	D	O	T	N	C	O	Z	C
C	Q	I	X	V	P	X	G	I	Y	O	K	G	L	Y	J	A	B	A	S	I	C	V	V	T	H	F	M	R	
V	I	Z	W	R	K	T	C	C	O	F	L	A	W	X	Z	D	F	Y	L	S	T	T	H	Z	A	S	K	M	E
V	F	Y	Q	M	M	N	O	B	Y	S	P	L	A	R	J	F	U	U	P	J	X	C	R	I	C	U	H	Q	X
Z	O	F	C	I	M	Z	F	A	T	Y	U	I	Y	F	Z	H	P	R	Z	F	C	I	M	C	Y	C	O	R	D
L	Q	F	K	Z	I	D	Z	C	E	M	I	U	N	R	U	N	T	J	A	T	U	P	L	W	T	J	E	K	B
V	Z	H	P	C	J	P	C	M	N	K	C	W	N	O	Q	D	D	T	Q	N	I	M	H	N	K	H	I	J	B
X	A	W	S	V	F	O	G	C	S	Y	G	B	H	W	O	O	D	R	O	W	D	S	R	X	I	F	K	B	E
X	K	U	K	L	C	D	L	X	T	W	I	T	A	Z	K	O	J	F	X	H	I	J	L	L	R	J	O	S	L
Y	I	P	E	D	B	E	G	G	R	J	L	K	I	E	O	A	P	A	B	B	E	W	L	G	H	H	R	A	A
B	M	X	Z	P	P	Y	R	V	I	E	U	O	R	I	X	T	F	D	E	V	D	E	K	F	H	E	O	Z	D
B	N	K	E	A	A	Z	U	E	K	Q	W	I	L	T	O	N	R	N	B	S	K	H	W	T	M	Y	T	E	J
S	J	R	I	F	Y	B	R	H	E	U	J	S	Y	C	T	A	O	K	D	L	U	J	V	M	L	Q	C	R	A
B	N	V	X	P	V	I	U	G	F	Z	G	Q	I	R	W	E	H	X	W	Y	A	Y	A	S	O	M	J	V	X
I	L	R	O	M	C	B	Z	A	L	H	T	C	T	P	Y	C	N	T	P	U	B	L	L	I	B	E	R	T	Y
R	X	A	B	T	H	D	L	S	M	U	T	J	Q	W	T	T	A	Z	S	O	I	E	A	D	U	S	Q	O	Q
B	Z	O	C	O	N	H	D	Y	S	R	Y	X	V	I	A	D	D	J	T	K	Y	A	S	H	U	L	C	Q	
L	S	W	E	K	K	I	E	B	W	Z	F	B	D	T	V	D	A	L	U	V	G	Z	U	B	K	R	B	D	M
O	Y	A	Z	V	D	P	O	A	T	Q	Y	G	E	J	W	A	V	Y	K	W	B	O	Q	W	N	A	Y	I	X
J	T	G	J	M	S	U	Y	J	Z	O	F	Y	A	M	W	J	E	P	D	K	S	A	B	S	V	H	E	T	F
N	S	M	W	B	T	A	C	A	Y	X	W	H	L	T	I	L	O	Z	I	R	B	W	L	S	K	W	F	R	Y
R	U	U	R	X	B	S	D	K	Q	J	J	Y	P	K	D	B	B	D	J	E	I	A	J	Q	Z	I	E	F	
Z	V	L	O	H	A	B	B	D	C	T	D	B	Z	N	Y	V	J	V	O	T	N	Z	W	I	X	W	L	G	W
M	H	T	V	P	G	W	B	S	E	J	I	M	U	Z	I	M	X	I	E	J	V	D	K	F	B	D	N	R	Q
S	Y	K	A	F	B	Z	K	Q	X	P	S	F	B	I	U	K	I	N	E	Y	I	B	U	I	A	F	D	M	H
H	L	K	O	H	D	O	C	F	X	Q	H	B	B	D	Q	P	R	Y	G	O	L	F	X	C	O	O	C	K	E
E	L	H	F	O	O	L	V	X	E	Q	P	L	C	C	A	O	P	Z	D	L	L	S	Q	F	H	A	R	R	G
Q	U	W	K	H	J	P	R	P	R	T	P	R	X	P	H	Z	E	U	F	D	E	E	Z	A	W	L	E	R	Y
H	T	T	S	K	F	A	H	P	I	W	T	G	Q	U	I	R	I	N	G	B	V	K	F	O	N	I	G	K	V

WILTON
SHOOKS
KELLIHER
LIBERTY
WOODROW
DURAND
FROHN
ALASKA
BUZZLE
BLACKDUCK
QUIRING
HORNET
TENSTRIKE
LAMMERS
BENVILLE
NEBISH
HAGALI
FUNKLEY
SOLWAY
BEMIDJI

HONEY Glazed CHICKEN



Simple meal with a *Gourmet* Feel

INSTRUCTIONS

- 1 Preheat the oven to 375°F (190°C).
- 2 In a small bowl, whisk together the honey, soy sauce, olive oil, apple cider vinegar, garlic, salt, and pepper.
- 3 Place the chicken breasts in a baking dish and pour the honey glaze over the chicken, making sure it's evenly coated.
- 4 Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and no longer pink in the center.
- 5 After 15 minutes of baking, remove the chicken from the oven and brush the remaining honey glaze over the chicken. Return the chicken to the oven and continue baking.
- 6 Once done, remove from the oven and let rest for a few minutes before serving.
- 7 You can garnish with sesame seeds and chopped green onions if you like.

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1/2 cup honey
- 1/4 cup soy sauce
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 garlic cloves, minced
- Salt and pepper to taste

Enjoy your delicious
honey glazed chicken!

PREP: 10 MIN • TOTAL: 40 MIN



BARBECUE DO'S:

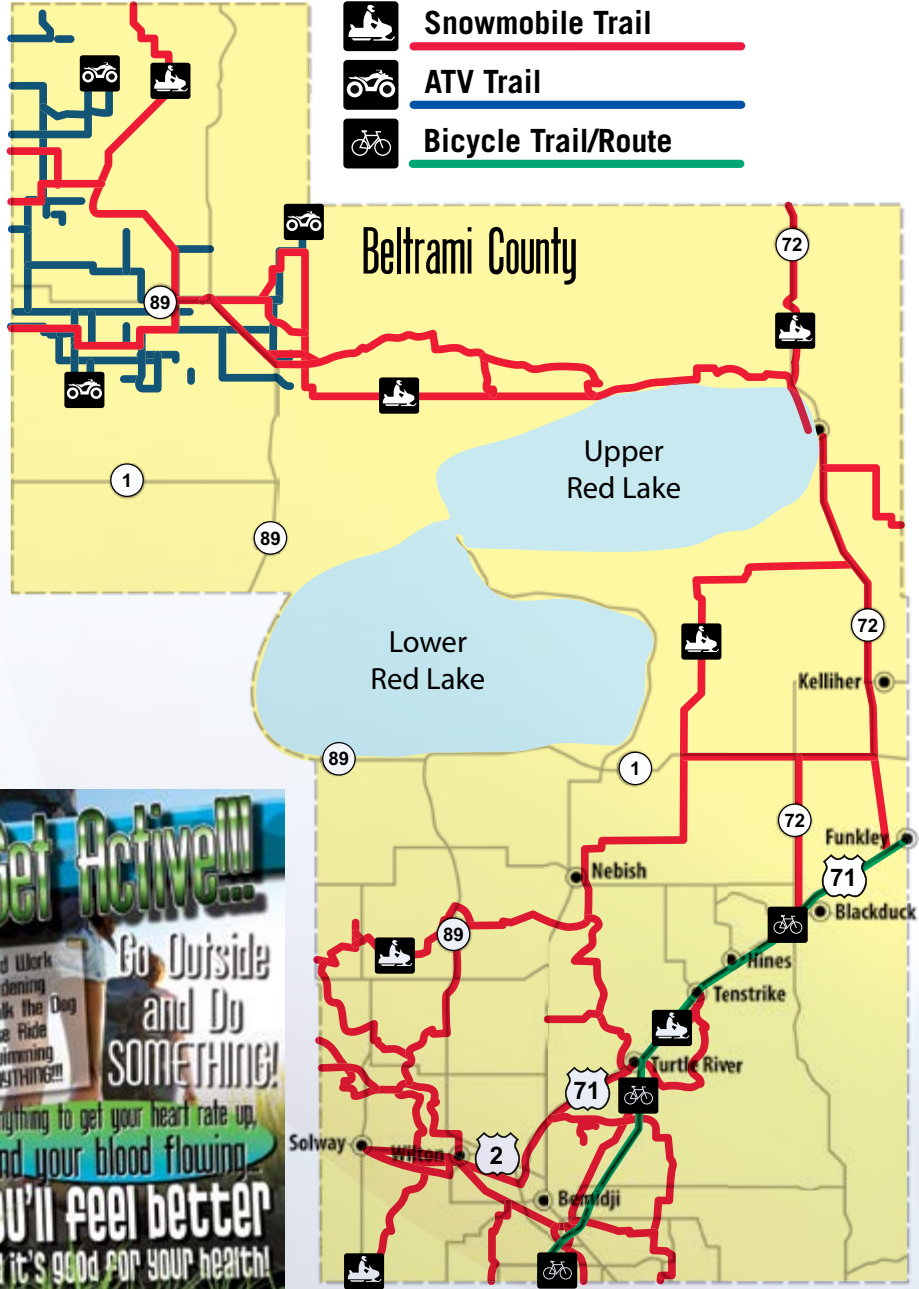
- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.



RECREATION TRAILS



Get Active!!!

Go Outside and Do SOMETHING!

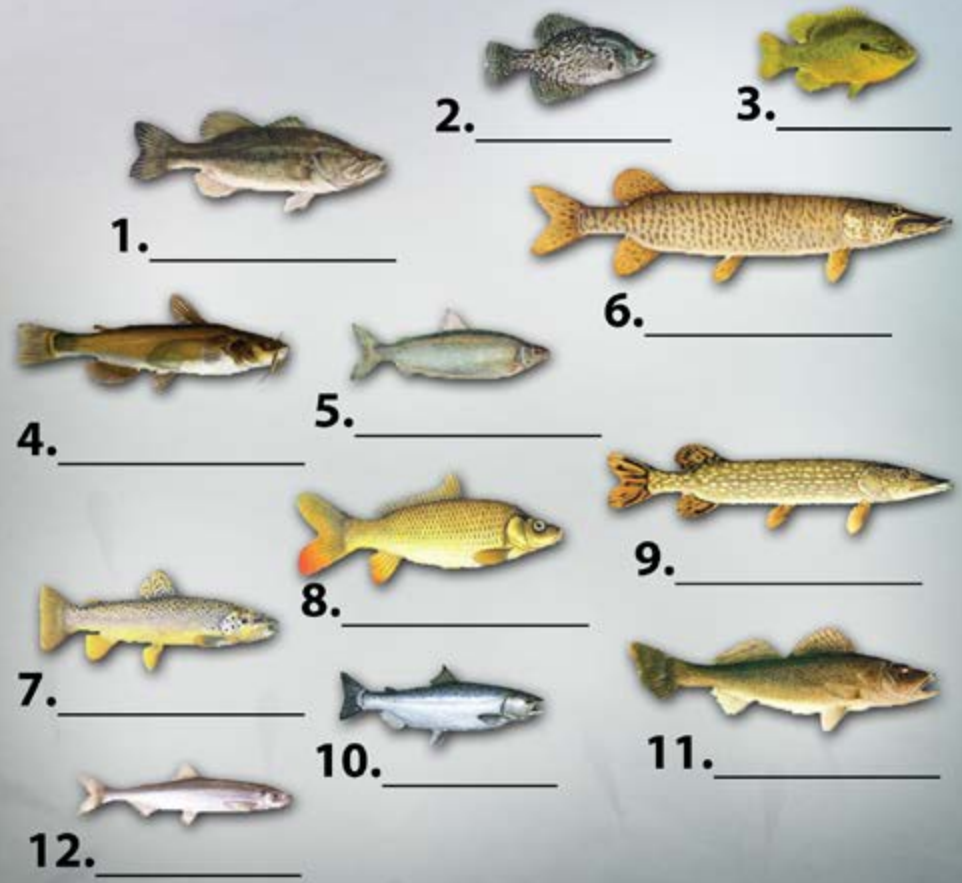
- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

Anything to get your heart rate up, and your blood flowing, you'll feel better and it's good for your health!



MIDWEST FISH QUIZ

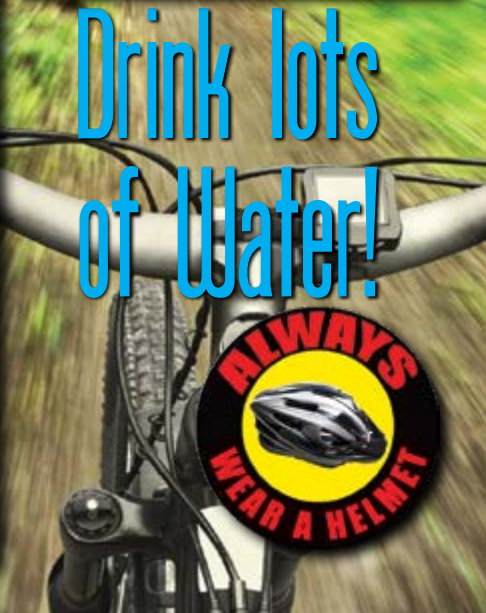
Do you know the Midwest fish species? Identify the fish below.



Answers: 1. Bass 2. Crappie 3. Sunfish 4. Catfish 5. Herring 6. Muskellunge 7. Trout 8. Carp 9. Northern Pike 10. Salmon 11. Walleye 12. Smelt

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.



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.

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



Minnesota

The **10** Largest Lakes in Minnesota

- | | |
|---------------------|-----------------|
| Red Lake | Lake Kabetogama |
| Mille Lacs Lake | Mud Lake |
| Leech Lake | Cass Lake |
| Lake Winnibigoshish | Lake Minnetonka |
| Lake Vermillion | Otter Tail Lake |



*• Shop • Dine
• Play
• Stay*

LOCALLY



...and support the community you live in!