FREE LOCAL AREA GUIDE

Attractions & Events • Park & Rec. Info Area History • Hunting & Fishing Seasons...

Beltrami County, Minnesota

LincolnMarketing



PLEASE HELP KEEP BELTRAMI COUNTY CLEAN





Place you waste and recycling in a container and make sure it gets to a Solid Waste Facility,

AND IN CARE AND

Solid Waste Questions call: Beltrami County Solid Waste 218-333-8187 or visit our website: www.co.beltrami.mn.us

NORDVIK TRUCKING GOT MILK? Now HIRING Local Milk Hauler **Call for more information** 218-252-1079 f 6:00am-10:00pm Daily 218-444-8963 Kitchen 728 Paul Bunyan Dr NW • Bemidji, MN 56601 Skillet Breakfasts

Ribeye Steak Dinner

Big Country Burger

218-425-3489

17898 MN-89, Wannaska, MN

POWERSPORTS SALES, PARTS, ACCESSORIES, & REPAIR

TIRE MOUNT & BALANCE

AUTOMOTIVE & LIGHT TRUCK MAINTENANCE







Your entertainment destination & weddings/events venue!

Live Broadway Musicals, Stevie Ray's Improv Comedy and the Twin Cities' Best Tribute Concerts.

952.934.1525

ChanhassenDT.com

I Area Events	
dential Services	
rami County History	St.
rami County Communities	
s & Recreation	100
I Area Attractions	
nesota Hunting Seasons	
License Centers	Marke B
nesota Fishing Seasons	
eation Trails	-
	dential Services ami County History ami County Communities s & Recreation I Area Attractions nesota Hunting Seasons License Centers nesota Fishing Seasons

1/2/3/3

Scan the QR Code to go to the county page.

Beltrami County

This free publication is made possible by the advertisers and other local agencies and may not be reproduced. Please support the local advertisers on this publication. Comments and/or suggestions may be directed to: info@lincolnmarketing.us

View this publication online at www.lincolnmarketing.us

LOCAL AREA EVENTS

<u>JANUARY</u>

Snow Ball | Bemidji Squirt A Hockey Home Tournament | Bemidji

FEBRUARY

Annual BRRRmidji Plunge | Bemidji Minnesota Finlandia | Bemidji Candlelit Ski Tours | Bemidji Brrrmidji Polar Daze | Bemidji Candle Light Ski Tour | Bemidji

<u>MARCH</u>

The World's Shortest St. Patrick's Day Parade | Bemidji Gun Show | Bemidji Lake Bemidji Pond Hockey Classic | Bemidji

APRIL

Easter Egg Hunt | Bemidji Home Sport & Travel Show (April-March) | Bemidji Tiny Tots Health and Wellness Fair | Bemidji Festival of Nations | 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

<u>JULY</u>

The Birchmont Golf Tournament | 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 *Woodcarvers' Festival | Blackduck Dragon Boat Festival (July-Aug) | Bemidji Crazy Days | Walker Kelliher Days Festival

AUGUST

Beltrami County Fair | Bemidji Lumberjack Scramble Golf Tournament | Bemidji *Backwoods Bash | Blackduck Red Lake Nation Fair & Pow Wow BlackduckCar Show & Swap Meet Leech Lake Regatta | Walker Leech Lake Block Party | Walker WalkerBay Day

SEPTEMBER

North Country Arts & Crafts Workshop | Bemidji Bemidji State University Homecoming | Bemidji Babes Burnout Car Show | Bemidji Annual Fall Festival | Hines Harvest Moon - Moondance Event | Walker

OCTOBER

Bemidji Blue Ox Marathon Annual BSU/NTC All Campus Health fair | Bemidji Scarecrow Festival | Bemidji Bark n' Boo | Bemidji Boo Bash | Bemidji Boo Dash 5k Trail Run | Bemidji Charlie Berens Live at the Sanford Center | Bemidji

NOVEMBER

Night We Light Celebration & Illuminated Parade | Bemidji First City of Lights Event | Bemidji Santas Workshop | Bemidji Jack Frost Jubillee | Bemidji Kid Dash Reindeer Run | Bemidji Carts of Care Food & Toy Drive | Bemidji Christmas Window Display Contest (Nov-Dec) | Bemidji Tour of Homes (Nov-Dec) | Bemidji

*Backwoods Bash (Blackduck):

DECEMBER

Sankta Lucia Festival | 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.

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

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.



Residential Services

Beltrami County

Administration	(218) 333-8478
Assessor	
Attorney	
Auditor/Treasurer	
Environmental Services	
Extension	
GIS/Mapping	
Health & Human Services	
Highway	
Human Resources	
Natural Resource Management	
Public Health	
Records	
Sheriff	
Community Service Center	
Taxpayer Services & Real Estate	
Veterans Services	
Westridge CareerForce & Rural Minnesota CEP	



4 - Beltrami County · Resident Guide

Now Hiring!





Direct Support Professionals (Caregivers)

- ✓ Increased Wages
- ✓ Health Insurance
 - **Career Growth Opportunities**
- ✓ On-demand Pay Access
 - Employee Referal Bonuses \$500 Per Referal!
 - Immediate access to pay when earned!

SevitaCareers.com

Scan here to apply





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.

Beltrami County Communities

<u>CITIES:</u>

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

TOWNSHIPS CONTD.

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.

Beltrami County Communities

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 log-ging 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.

Beltrami County Communities

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 log-ging 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.



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



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.

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

Blacklegged Tick Coverage

American Dog Tick

Lone Star Tick

Coverage

Coverage

Blackle Lyme di Anaplas Babesio Ehrlichie

ged (Deer) Tick ease nosis sis	American Dog (Wood) Tick Rocky Mountain Spotted Fever Tularemia

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

Tick Removal

Prompt tick removal is important.

Do not squeeze the ticks' body.

Use tweezers to grasp the tick close to its mouth.

Gently and slowly pull the tick straight outward.

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.

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!

PARKS & RECREATION

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 crosscountrytrails, 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, crosscountry skiing, snowmobile trails, picnic areas, boating, swimming areas and fishing opportunities.

MISSISSIPPI HEADWATERS STATE FOREST

Bemidji | (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.



Heating, Ventilating & *Air Conditioning Service* Residential & Commercial Free Estimates • 24/7 Emergency Repairs 218-751-2801

higginsheating.com 1632 Bemidji Ave. N • Bemidji, MN

2024 Minnesota Renaissance Festival

7 Weekends of Huzzah & Cheers!

Open Weekends Aug 17 - Sept 29 Plus Labor Day, Sept 2 & Festival Friday, Sept 27 9 am - 7 pm • Rain or Shine

Park & Ride Recommended Prepaid Parking Pass Required for Onsite Parking

952.445.7361 | RenaissanceFest.com

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.blackduckmovietheater.com

BSU MUSIC & ARTS 1500 Birchmont Drive NE, #16 | Bemidji

BUENA VISTA SKI AREA 19600 Irvine Ave. NW| Bemidji | (218) 243-2231 www.bvskiarea.com CAMP RABIDEAU Scenic Hwy. NE | Blackduck | (218) 335-8600

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

CHIEF BEMIDJI STATUE 300 Bemidji Ave. NE | Bemidji

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

CONCORDIA LANGUAGE VILLAGES 8607 Thorsonveien Rd. NE | Bemidji | (218) 586-8600 www.concordialanguagevillages.org

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.looncountryarts.org

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 www.mapleridgebemidji.com

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 & THE HISTORIC CHIEF THEATRE 314 Beltrami Ave. | Bemidji | (218) 751-7270 www.thechieftheater.com

24

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) 679-2666 www.sevenclanscasino.com

THE DIVE DEPOT 1615 Fern St. NW | Bemidji | 218-444-3467

THE SANFORD CENTER 1111 Event Center Dr. NE | Bemidji | (218) 441-4000 www.thesanfordcenter.com

WATERMARK ART CENTER 505 Bemidji Ave. N | Bemidji | (218) 444-7570 www.watermarkartcenter.org

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.

HUNTING

Bear

08/16/24 Baiting start date - Permit areas & no-quota area 09/1/24 - 10/13/24 Permit areas & no-quota area

Deer

09/14/24 - 12/31/24 Archery - Statewide 10/17/24 - 10/20/24 Early Antlerless 10/17/24 - 10/20/24 Youth - Statewide 11/9/24 - 11/24/24 Firearm (Season A) 100 Series permit areas 11/9/24 - 11/17/24 Firearm (Season A) 200 & 300 Series permit areas 11/23/24 - 12/1/24 Firearm (Season B) 300 Series permit areas 11/30/24 - 12/15/24 Muzzleloader - Statewide

Badger

10/19/24 - 03/16/25 North furbearer zone 10/26/24 - 03/16/25 South furbearer zone

Bobcat

12/14/24 - 01/19/25 North of I-94 & U.S. Highway 10

Fox, Gray & Red

10/19/24 - 03/15/25 North furbearer zone 10/19/24 - 03/15/25 South furbearer zone

Opossum

10/19/24 - 03/15/25 North furbearer zone 10/19/24 - 03/15/25 South furbearer zone

Rabbit

09/14/24 - 02/28/25 Jack - Statewide 09/14/24 - 02/28/25 Cottontail & Snowshoe Hare - Statewide

Raccoon

10/19/24 - 03/15/25 North furbearer zone 10/19/24 - 03/15/25 South furbearer zone

Squirrel, Gray & Fox

09/14/24 - 02/28/25 Gray & Fox - Statewide

Grouse

09/14/24 - 01/1/25 Ruffed & Spruce - Statewide 09/21/24 - 12/4/24 Sharp-Tailed -Northwest zone

Pheasant

10/12/24 - 01/1/25 Ring-Necked - Statewide

Wild Turkey

04/17/24 - 05/31/24 Spring - Youth - Statewide 04/17/24 - 05/31/24 Spring - Archery - Statewide 04/17/24 - 04/23/24 Spring - A season - Statewide 04/24/24 - 04/30/24 Spring - B season - Statewide 05/1/24 - 05/7/24 Spring - C season - Statewide 05/8/24 - 05/14/24 Spring - D season - Statewide 05/15/24 - 05/21/24 Spring - E season - Statewide 05/22/24 - 05/31/24 Spring - F season - Statewide 09/28/24 - 10/27/24 Fall - Statewide

TRAPPING

Badger 10/19/24 - 03/16/25 North furbearer zone 10/26/24 - 03/16/25 South furbearer zone

Bobcat

12/14/24 - 01/19/25 North of I-94 & U.S. Highway 10

Fox

10/19/24 - 03/15/25 Gray & Red - North furbearer zone 10/19/24 - 03/15/25 Gray & Red - South furbearer zone

Opossum

10/19/24 - 03/15/25 North furbearer zone 10/19/24 - 03/15/25 South furbearer zone

DEER HINTING

- Wear Blaze Orange! Being mistaken for a deer, can be deadly
- Scout the Area: Before the hunting season begins, spend time scouting the hunting area. Look for deer signs such as tracks, droppings, rubs, and scrapes
- Practice Stealth and Scent Control: Deer have an excellent sense of smell and can be easily spooked by human scent
- Know the Local Regulations and Laws: Before you head out on your hunting trip, familiarize yourself with the local hunting regulations and laws.

Rabbit

09/14/24 - 02/28/25 Jack - Statewide 09/14/24 - 02/28/25 Cottontail & Snowshoe Hare - Statewide

Raccoon

10/19/24 - 03/15/25 North furbearer zone 10/19/24 - 03/15/25 South furbearer zone

Squirrel

09/14/24 - 02/28/25 Gray & Fox - Statewide

*Check the MN DNR website for updates. https://www.dnr.state.mn.us or scan the QR code





Remember that ethical hunting practices, respect for wildlife, and safety should always be paramount while participating in any hunting activity. Additionally, always make sure to follow local hunting guidelines and **K**T regulations to protect the environment and wildlife populations. **HAPPY HUNTING!**

DNR LICENSE CENTERS

You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online <u>www.dnr.state.mn.us</u>, Toll Free: 1 (888) 646-6367 Or visit one of the ELS agents available throughout the area:

BEMIDJI CENEX CONVENIENCE STORE 120 Convenience Ln. SE | Bemidji | (218) 751-1830

HOLIDAY STATION #2746104 1106 Paul Bunyan Dr. NE | Bemidji | (218) 751-6070

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

L & M SUPPLY 2740 Paul Bunyan Dr. | Bemidji | (218) 751-3237

LAKES MARKET 13477 Irvine Ave. NW | Bemidji | (218) 243-2161

MY STORE - TURTLE RIVER 12471 71 Connection | Bemidji | (218) 586-3420

NORTHDALE OIL NORTH 8000 Irvine Ave. NW | Bemidji | (218) 444-8000

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

NORTHWOODS BAIT AND TACKLE 1728 Fern St. NW | Bemidji | (218) 444-2248

NORTHERN SURPLUS 325 3rd St. | Bemidji | (218) 751-6866

PETE'S PLACE SOUTH 179 Convenience Ln. SW | Bemidji | (218) 751-9255

PETRO SERVE USA #057 2470 Paul Bunyan Dr. NW | Bemidji | (218) 751-7504 BEMIDJI (Contd.) PIMUSHE RESORT 7376 Pimushe Tr. NE | Bemidji | (218) 586-2094

RIDGE TOP OUTDOORS, LLC 149 Convenience Ln. SW | Bemidji | (218) 444-8700

WALMART SUPERCENTER #3233 2025 Paul Bunyan Dr. | Bemidji | (218) 755-6120

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

BLACKDUCK TIMBERLINE SPORTS, INC. 209 Summit Ave. W | Blackduck | (218) 835-4636

KELLIHER VILLAGE ONE STOP 143 Clark Ave. | Kelliher | (218) 647-8266

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

<u>SOLWAY</u>

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

YOUR Help is NEEDED!

CLEAN.

DRAIN.

Do NOT Transport Invasive: • Fish • Invertebrates • Aquatic Plants

KNOW THE LAW! YOU MAY NOT ...

DISPOSE.

- TRANSPORT WATERCRAFT WITHOUT REMOVING THE DRAIN PLUG.
- ARRIVE AT LAKE ACCESS WITH DRAIN PLUG IN PLACE.
- TRANSPORT AQUATIC PLANTS, ZEBRA MUSSELS, OR OTHER PROHIBITED SPECIES ON ANY ROADWAY.
- LAUNCH A WATERCRAFT WITH PROHIBITED SPECIES ATTACHED.
- TRANSPORT WATER FROM LAKES OR RIVERS.
- RELEASE BAIT INTO THE WATER.

7ISHING SEASONS

INLAND WATERS

Lake Trout 12/30/23 - 03/31/24 Lakes entirely within the BWCA Lake Trout 01/13/24 - 03/31/24 Lakes partially or completely outside the BWCA Bullhead 03/01/24 - 02/28/25 **Burbot** (eelpout) 03/01/24 - 02/28/25 **Channel Catfish** 03/01/24 - 02/28/25 **Cisco** (tullibee), whitefish 03/01/24 - 02/28/25 Crappie 03/01/24 - 02/28/25 Gar 03/01/24 - 02/28/25 Other 03/01/24 - 02/28/25 Perch 03/01/24 - 02/28/25 **Rock Bass** 03/01/24 - 02/28/25 Smelt

03/01/24 - 02/28/25

Sunfish

03/01/24 - 02/28/25 White Bass

03/01/24 - 02/28/25

Flathead Catfish

04/01/24 - 11/30/24

Largemouth Bass 05/11/24 - 02/23/25 Northeastern Minnesota

Northern Pike 05/11/24 - 02/23/25 Sauger 05/11/24 - 02/23/25 Smallmouth Bass 05/11/24 - 02/23/25 Northeastern Minnesota Walleye 05/11/24 - 02/23/25 **Largemouth Bass** 05/25/24 - 02/28/25, Statewide except the northeast **Smallmouth Bass** 05/25/24 - 09/08/24, Statewide except the northeast Sturgeon - catch-and-release 06/16/24 - 04/14/25 Smallmouth Bass - catch-and-release 09/09/24 - 02/23/25, Statewide except the northeast

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

1 (888) 646-6367 www.dnr.state.mn.us scan the QR code



(Fishing licenses are effective from March 1 to the last day of February of the following year. A fishing license for the current 2024-25 license year is effective until Feb. 29, 2025.)

FREAKY FAST[®] * MAKES IT * FREAKY FRESH[®]

1000 Paul Bunyan Dr NW #110 • Bemidji • (218) 444-0086 **FREAKY FAST DELIVERY!**® C2017 JIMMY JOHN'S FRANCHISE, LLC ALL RIGHT'S RESERVED.

651.644.6659 · saintsbaseball.com

IT'S WHAT, WE DO

SINGLE

TICKETS

ON SALE NOW!

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:

Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved. 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, tion aids: Use navigation aids like buoys and beacons to get off the water. help you navigate safely. • Maintain your boa 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. 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. 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. Representation of rental trailers, equipment and attachments

Full service shop & parts department

218-888-6181 • Matt: (218) 368-4307 www.kingoftheroadtrailer.com sales@kingoftheroadtrailer.com

325 Oak Hills Rd. SE • Bemidji, MN

Authorized dealer of SCAG Power Equipment, Spartan Mowers & Bad Boy Mowers



So, You have decided to get a pet... NOW WHAT??

Commitment and Time: Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

Choose the Right Pet for Your Lifestyle: Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

Proper Nutrition: Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

Regular Exercise: Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

Routine Veterinary Care: Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

Spaying/Neutering: Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

Training and Socialization: Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

Provide a Safe Environment: Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

Grooming: Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

Identification and Microchipping: Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra mea- sure to ensure they can be identified if lost.

Love and Attention: Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.

Respect and Understanding: Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.



Patience and Forgiveness: Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.

Emergency Preparedness: Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE:

3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?



NYMORE DOG PARK 625 Miles Ave. SE, Bemidii

CREAMY

INGREDIENTS

4 boneless, skinless <mark>chicken breasts</mark>

KITCHEN

Easy • Fresh • Delicion

- Salt and pepp
- l tablespoon olive oil
- I tablespoon butter
- 1/2 cup chicken broth
- /2 cup heavy cream
- I tablespoon Dijon mustard
- 2 teaspoons dried dill weed
- /4 cup chopped fresh parsley

Enjoy your delicious

creamy dill chicken

Simple meal with a Gour<u>met Feel</u>

INSTRUCTIONS

- Season the chicken breasts with salt and pepper on both sides.
 Heat the olive oil and butter in a large skillet over medium-high heat.
 Add the chicken breasts to the skillet and cook for 6-7 minutes on each side, until browned and cooked through. Remove the chicken from the skillet and set aside.
 Pour the chicken broth into the skillet and
- use a spatula to scrape up any browned bits from the bottom of the pan.
- **5** Stir in the heavy cream, Dijon mustard, and dried dill weed. Bring the mixture to a simmer and cook for 2-3 minutes, stirring frequently, until the sauce has thickened.
- 6 Return the chicken breasts to the skillet and spoon the sauce over the top. Allow the chicken to cook in the sauce for an additional 1-2 minutes, until the chicken is heated through.
- **7** Sprinkle chopped fresh parsley over the top of the chicken before serving.

For a chance to be published in our next guide!

JAII Favorite

Send in

info@lincolnmarketing.us

PREP: 7 MIN • TOTAL: 30 MIN

RESIDENT GUIDE

Recreation Trails



Health Benefits of the Outdoors

Spending time in nature offers numerous benefits for physical, mental, and emotional well-being.

Stress Reduction: Nature has a calming effect on the mind and body, helping to reduce stress levels. The peaceful surroundings,

fresh air, and natural beauty can lower cortisol levels, decrease heart rate, and promote relaxation.

Improved Mental Health: Being in nature is associated with improved mood and mental health. Studies have shown that spending time outdoors can reduce symptoms of anxiety, depression, and other mental health disorders. Nature provides a sense of tranquility and perspective, which can help alleviate negative thoughts and emotions.

Increased Physical Activity: Nature encourages physical activity, whether it's hiking, biking, walking, or simply exploring outdoor spaces. Engaging in outdoor activities promotes exercise, which is essential for maintaining physical health and fitness. Additionally, being in nature often involves exposure to sunlight, which helps the body produce vitamin D and supports overall well-being.

Enhanced Creativity & Cognitive Function: Nature stimulates creativity and cognitive function. Research suggests that spending time in natural environments can improve problem-solving skills, boost creativity, and enhance concentration and focus. Nature provides a rich sensory experience that activates different parts of the brain, fostering cognitive development and innovation.

Connection with the Environment: Spending time in nature fosters a deeper connection with the environment and promotes environmental stewardship. When people experience the beauty and wonder of nature firsthand, they are more likely to develop a sense of appreciation and respect for the natural world. This connection can lead to greater awareness of environmental issues and a desire to protect and preserve natural habitats for future generations.

Overall, being in nature offers a multitude of benefits for both physical and mental well-being, making it essential for maintaining a healthy and balanced lifestyle.

BICYCLE SAFETY

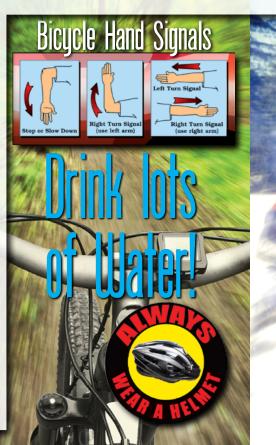
Be Aware of your Surroundings

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.

 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.



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.

Snowmobile Hand Signals

Sleds Tellowing

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic. Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.







roads or state highways.



Please

respect private

PRIVATE PROPERTY

TRESPASSING trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATV's on county

COMPOSTING in Your Backyard

Yard trimmings and food scraps make up nearly 15% to 30% of waste produced by the average household in USA. Composting leaves, grass clippings, and kitchen scraps, creates a nice black dirt to use around your yard. It also can reduce what goes to landfills and your use of fertilizer and water around your yard.

How to get started composting 1. Make a compost bin or you can buy one 2. Place yard waste in and mix in kitchen scraps 3. Water as needed, to keep moist 4. Mix it with a shovel or pitchfork once in a while

What to compost

Food scraps such as banana peels and coffee grounds are good to compost. The best results come from mixing the right materials like, nitrogen-rich (greens), carbon-rich (browns), water, and air. Get the mixture correct and you will have good quality compost.

What not to compost

Although a lot of stuff is compostable, you should stay away from composting things that will attract scavengers or create bad odors. Some things you should not add to your compost are pet feces, diseased plants, weeds gone to seed, ashes, dairy, oils and food with meat or bones.

How long will it take?

Most likely you will produce compost in six months to a year depending on your management methods. To make compost faster keep the correct moisture levels and turn the pile every once in awhile.

Using the finished compost

Compost is not a fertilizer but it can contain nutrients which improves plant growth. By using compost, you can improve the soil around your plants, flowers and throughout your yard, it also reduces your use of fertilizer and water. Another good use for your compost is to use it for your potted plants.





Community/Home Gardens: Really good at absorbing carbon dioxide. Cuts down on pesticides/fertilizers. Also benefits mental health and provides fresh food.

Composting: Decreases the amount of trash in landfills and reduces carbon emissions.

Plant Trees: Planting trees is a classic Earth Day activity. **Local Food**: Buy local sustainable food.

Clean-Up Events: Organize or participate in local clean-up efforts.

Upcycle Crafts: Get creative by turning old items into new useful objects.

www.LincolnMarketing.us - 35

Be smart... Take good care of your skin



The skin is an organ and helps protect against heat, sunlight, injury, and infections. This is why it is important to always protect it. Overexposure to the sun can be linked to some skin cancers. Ultraviolet rays from the sun or sunlamps can also cause eye problems, weakened immune system, age spots, wrinkles, and leathery skin.

Protect your skin

Wear proper clothing like long-sleeved shirts and pants. Also protect your head and eyes with a hat and UV-resistant sunglasses.

Remember that you can also fall victim to the sun on a cloudy day as well as in the winter.

Sunburns increase the risk of developing skin cancer. It is especially important that children don't get a sunburns.

Peak burning hours, according to the Centers for Disease Control and Prevention and the World Health Organization, are between 10 a.m. and 4 p.m.

Reflective surfaces, like water, snow, and sand can reflect sun rays and make them more intense.

You experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

Use a broad-spectrum sunscreen to cover all exposed skin. The FDA recommends using sun screens that are broad spectrum and have a sun protection factor (SPF) value of at least 15. Re-apply sunscreen throughout the day.

Protect your eyes

UV rays can penetrate the structures of your eyes and cause cell damage. According to the CDC, some sun-related vision problems cause cataracts, macular degeneration, and pte rygium.

• UV index

Before going outside you can check the Environmental Protection Agency's (EPA) UV index. To see the intensity of UV rays for the day. The index measures on a scale of 1 to 11. If its low on the UV index you will require less protection and a high UV index will require a lot more protection.

CLEAN DRAIN DISPOSE DRY

BMP (Best Management Practices) to prevent the spread of AIS (Aquatic Invasive Species)

Clean - aquatic plants, mud, and animals from watercraft, trailers and equipment.

Drain - all water including bait containers by removing drain plugs and keep drain plugs out while transporting watercraft, verify water drained. To keep bait refill the bait container with bottle or tap water.

Dispose - of unwanted bait in the trash, never release into the wild.

Dry - for five hot/dry days, if unable then Spray/Flush all water containing compartments and trailer with very hot water.

To kill adult zebra mussels: Use hot water (120° F for 2 mins or 140° F for at least 10 seconds)

Free Watercraft Decontaminations Beltrami County • 218-760-8519 For other free decon sites see: www.mndnr.gov/decon

