

# Free Resident Guide

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



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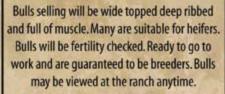
# Isaak Angus Ranch **Production Sale** With Guest Consignor

Hollenbeck Angus

Stockmen's West Dickinson, ND Tuesday, May 1, 2018 1p.m. MDT

# Selling

- 15 Powerful 2 year old Bulls
- 80 Yearling Angus Bulls
- 80 Commercial Fancy Angus Open Heifers



Connealy Impression • Connealy Right Answer 746 • Connealy Black Granite Koupals B&B Identity • RB Tour of Duty 177 • Basin Payweight 1682 Boyd Signature • MAK Tanker 23 • Pineview Expression

SDR Upward 2046 - Isaak New Frontier 2090 - Isaak Total 2078 - SDR Density 2005

Ron & Jackie Isaak Golden Valley, ND • 701-983-4458 • Cell 891-9999



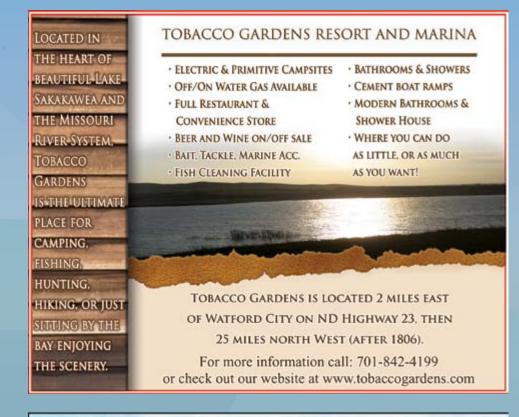


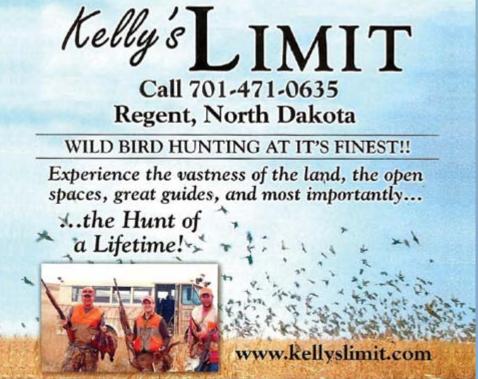
Located 3/4 mile North and 1/2 mile East of the City of Killdeer on Highway 22

> 10352 2nd Street SW Killdeer, ND 58640

701.764.GOLF (4653)

www.MedicineHoleGolfCourse.wordpress.com







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Scan the QR Codes to go to the individual **County pages.** 







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# LOCAL AREA EVENTS

# **JANUARY**

Annual Big Buck Contest | Beulah

# **FEBRUARY**

Heritage Outbound Winter Adventure | Stanton

# **MARCH**

Easter Egg Hunt | Medora Black Gold Deep Stack Texas Hold'em Tournament | Beulah

#### **APRIL**

Theodore Roosevelt National Park Free Week- Annual Photo Contest | Medora Spring Into Summer Wine Walk | Medora A New Beginning | Stanton

# MAY

Spring In-The-Field Photography Workshop | Stanton | Stanton | Classroom in the Badlands | Medora Badlands Gravel Battle Bike Race | Medora BBQ & Bluegrass Festival | Medora Annual Knife River Birdwatching Event | Stanton

# JUNE

Medora Music Festival | Medora
Annual Birdwalk | Medora
Annual Chuckwagon Breakfast | Medora
All-Horse Flag Day Parade | Medora
Killdeer Mountain Roundup Rodeo | Killdeer
TR Salute to Medora | Medora
Induction Weekend | Medora
Bully Run - 5k Fun Run/Walk | Medora
Cowboy Mounted Shooters | Medora
Classic Car Show | Medora
De Mores Day | Medora

# JUNE CONTD.

Antique Car Show | Medora Roughrider MC Summer Bash | Beulah Twin Buttes Celebration

# JULY

Annual 4th of July Potluck Picnic | Dunn Center Annual Adolph Burkhardt Country Western Concert | Medora Teddy Bear Picnic | Medora Kids Camp | Stanton Music for the Villages | Stanton Dakota Walleye Classic | Beulah Mountain Roundup Rodeo | Killdeer 4th of July Parade | Medora Fossil Dig | Medora Veterans Day in Medora | Medora County Fair | Mercer Praise on the Prairie | Hazen Fireworks Show | Hazen Northern Plains Indian Culture Fest | Stanton Killdeer Lewis and Clark Event | Killdeer Annual Badlands Trail Ride | Killdeer

# **AUGUST**

Badlands Trail Riders Labor Day Trail Ride |
Killdeer
Badlands Trail Run - 5-K/10-K | Medora
Hands on History | Stanton
Annual Cream Can Supper | Dunn Center
Dunn County Fair
Killdeer Buck Show
Maah Daah Hey 100 Mountain Bike Race |
Medora
Champions Ride Rodeo | Medora
Hot Air Balloon Rally & Badlands Kite Fest |
Medora
AUGUST CONTD.

Maah Daah Hey Trail Run - 5k/10k | Medora A Fond Farewell | Stanton Knife River Days | Stanton Hazen Harvest Festival | Hazen Pitchfork Fondue | Hazen

#### **SEPTEMBER**

Common Threads Quilt Show | Hazen
Oktoberfest | Hazen
Fall In-The-Field Photography Workshop |
Stanton
Burning Hills Bash in the Badlands | Medora
Fall Festival | Beulah
Beulah Fly-In

Trail of Treats | Hazen

# **NOVEMBER**

Medora's Wildlife Feed | Medora Christmas Walk Around and Santaland | Hazen

#### **DECEMBER**

Holiday on the Frontier Open House | Medora Walk Around | Hazen Holiday Fair | Stanton

# **OCTOBER**



# Dunn County

Auditor	(701) 573-4448
Clerk of Court	573-4447
County Commissoner	548-8256
Emergency Manager	573-4612
Human Service Aid	764-5385
Jobs and Development	301-2467
Planning & Zoning	573-4609
Roads	
Sheriff	573-4449
Social Social Services	764-5385
Social Worker	764-5385
State's Attorney	764-5933
Tax Director	573-4445
Treasurer	573-4448

# Mercer County

Administrator	(701) 745-3294
Auditor	• • •
Clerk of Court	
County Landfill	748-5839
DES Director	
Highway Superintendent	873-5586
Public Health Nurse	745-3272
Planning and Zoning	873-5294
Recorder	745-3272
Sheriff	745-3333
Social Services	745-3384
State's Attorney	745-3518
Treasurer	
Veteran's Services	745-3392

# Billings County

Auditor	(701) 623-4377
Clerk of Court	623-4492
County Nurse	872-4533
Emergency Manager	623-4876
Recorder	623-4491
Risk Manager	623-4323
Sheriff	328-9921
State's Attorney	623-4465
Superintendent of Schools	623-4363
Tax Director	623-4810
Treasurer	623-4377
Zoning and Board	623-4810



and Drain Service

Owner Aaron McGrath hotshotplumbing51@gmail.com Residential and commercial plumbing New construction • Sewer jetting Boiler service and install

P.O. Box 83 • Beulah, ND 58523 • 701-891-9545

# DUNN COUNTY HISTORY

# **D**UNN COUNTY COMMUNITIES



# unn County was established in 1908 and was named after John Piatt Dunn who opened the first drugstore in North Dakota. Dunn County's primary economical resources are oil and agriculture. Livestock has become the leading aspect of the agricultural economy. Today Dunn County is home to approximately 3,536 residents and it's county seat is Manning.



CITIES: DODGE - pop. 92 DUNN CENTER - pop. 154 HALLIDAY - pop. 198 KILLDEER - pop. 788

MANNING (County Seat) - pop. 74

\*Populations are approximate.

#### **Halliday**

Halliday was founded in 1914. It was originally two miles north of its present location. The city moved to be closer to the rail line that traveled between Mandan and Killdeer. Settlers began flocking to the new location looking for a better future. The population rose to over 1000 residents. Today the town is home to around 198 residents.

#### Killdeer

Killdeer was founded in 1914 and got its name from the nearby Killdeer Mountains. One of the biggest battles between the United States and Indian nations occurred over the Killdeer Mountains. There were over 4000 combatants involved including Sitting Bull and General Alfred Sully. The Native Americans fought hard but the United States had too much fire power with its cannons, rifles and six shooters. The US forces won the battle scattering the Native American men, women and children into the mountains. They burnt the village down and everything around it including the forests. It is estimated that the soldiers burned over two hundred tons of supplies and equipment. Today Killdeer is home to around 788 people.



# MERCER COUNTY HISTORY



ercer County was established in 1875 by the territorial legislature. The county was named after William Henry Harrison who was one of the first ranchers to settle in Bismarck, North Dakota. Today Mercer County is home to approximately 8,449 residents and it's county seat is Stanton.



CITIES: BEULAH - pop. 3,121 GOLDEN VALLEY - pop. 182 HAZEN - pop. 2,417 **PICK CITY** - pop. 124 **STANTON (County Seat)** - pop. 367 \**Populations are approximate*.

# Mercer County Communities

#### Beulah

Beulah was founded in 1914 and named after a niece of the land developer Beulah Stinch-combe. The city covers 2.51 square miles and only 0.02 square miles of that is water. It is the fourteenth most populated city in North Dakota with around 3,121 residents.

#### Hazen

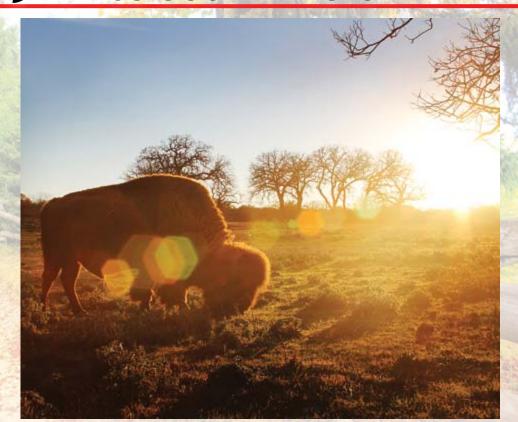
Hazen was founded in 1913 when the railroad made it to that area of North Dakota. It got its name from one of the first postmasters for the area. It has had a post office in operation since 1885. The city is located near Lake Sakakawea which is the largest lake in North Dakota and the third largest man made lake in the United States. Currently Hazen is home to around 2,417 residents.

### **Stanton (County Seat)**

Stanton was founded by Thomas and James McGrath in 1833. They named it after their mother who's maiden name was Stanton. Thomas and James McGrath had established a post office by 1882. The city became the county seat in 1844 when Mercer County was formed. The population for the area today is around 367 people.



# BILLINGS COUNTY HISTORY



Illings County was established in 1879. The county was named after Northern Pacific Railway president Frederick H. Billings. Today Billings County is home to approximately 8,449 residents. The County was reorganized in 1912 to form Golden Valley County. The county is part of the Dickinson Micropolitan Statistical Area which consists of Dickinson and Billings Counties. Today Billings County is home to approximately 783 residents and it's county seat is Medora.



# CITIES:

MEDORA (County Seat) - pop. 112

\*Populations are approximate.

# BILLINGS COUNTY COMMUNITIES

#### Medora

Medora was founded in 1883 by a 24 year old French nobleman Marguis de Mores, who named it after his wife Medora von Hoffman. Marguis de Mores built a meat packing plant, a hotel, stores, and a large home overlooking his new town with his father-in-laws financial backing. With all the development and work in the area the town grew quickly bringing settlers in from surrounding settlements. Medora to this day is the only incorporated place in Billings County. Currently the city is home to roughly 112 residents.



# 7 ORNADO SAFETY

# recautions.

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

  ALSO, STAY AWAY FROM WINDOWS!

- · CONSTANT ROTATION OF THE CLOUDS BASE.
- · FLYING/ROTATING DEBRIS UNDER THE CLOUD.
- Tornados Don't Always have a visible funnel.
- Heavy Rain or Hail followed by either an eerie Calm in the storm or Rapid wind changes
- · LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

YOU CAN FIGURE OUT HOW FAR AWAY THE LIGHTNING IS FROM YOU LIKE THIS... Count the seconds inbetween the flash OF LIGHTNING & THE CRACK OF THUNDER. DIVIDE THE NUMBER OF SECONDS BY 5 & YOU HAVE YOUR DISTANCE IN MILES.

O SECONDS O MILES

5 SECONDS 1.08 MILES

4.35 MILES

20 SECONDS 60 SECONDS 13.06 MILES



# PARKS & RECREATION

#### **BADLANDS TRAIL RIDES**

Killdeer | 701-764-8000

The Badlands Trail Rides are located in Little Missouri State Park. Visitors are taken on guided horseback rides through the beautiful North Dakota Badlands. Rides are open June-August with weekend only rides in September.

#### **CHIMNEY PARK**

Medora | 701-623-4355

The name comes from the clay brick chimney that is the only remaining part from the Marquis de Mores' processing plant. It is located on the western edge of Medora.

#### **CROSS RANCH STATE PARK**

Washburn | 701-794-3731

The park is located along the Missouri River in Washburn, ND. Recreational activities include camping, biking, birding, boating, canoeing, fishing, and hiking.

#### FORT CLARK HISTORIC SITE

Stanton | 701-328-2666

Fort Clark Trading Post State Historic Site is included as one of the most important archaeological sites in North Dakota. Over 150 years ago, it was the scene of shocking smallpox and cholera epidemics that harmed most of the inhabitants of Mandan. The remains of the large Earthlodge Village, cemetery, and two fur trade posts are protected.

# KILLDEER MOUNTAIN FOUR BEARS SCENIC BYWAY

Killdeer | 701-764-6092

This Byway is located north of Manning on Highway 22 through Killdeer to Highway 23, then east to New Town. It is 64 miles long and provides visitors with one of the most remarkable views in western North Dakota. The Byway's activities include camping, biking, hiking & horseback riding.

# KNIFE RIVER INDIAN VILLAGES NATIONAL HISTORIC SITE

Stanton | 701-745-3300

This historic site offers tours that take you along the landscape as well as into a museum that explains the historic area and lifestyle of the Hidatsa people.

#### **LAKE ILO NATIONAL WILDLIFE REFUGE**

Dunn Center | 701-764-5474

Located on the North Shore of Lake Ilo this Park provides guests with daytime facilities including grills, seating and restrooms. The park includes a mile long trail that begins in the park and runs along the north shoreline of Lake Ilo. Visitors are able to view many different kinds of wildlife including birds, deer and more.

#### LAKE SAKAKAWEA STATE PARK

Pick City | 701-487-3315

The State Park is located on the south shore of Lake Sakakawea. The Lake is one of the top five largest man-made reservoirs in the US. The park provides many trails including hiking, biking, cross country skiing and snowshoeing.

#### LITTLE MISSOURI STATE PARK

Killdeer | 701-794-3731

Little Missouri State Park is located 19 miles north of Killdeer. Most of the park can only be reached by horseback or hiking. Several types of wildlife can be found frequently in the park, including mule deer, coyote, fox, bobcat and golden eagle. Guide services and horse rental are located nearby to the park. Over 30 miles of trails can be used throughout the area.

#### MAAH DAAH HEY TRAIL

Medora | 701-227-7836

The Maah Daah Hey Trail is a 100-mile single path through the Badlands of ND. The trail runs from Sully Creek State Recreation Area in Billings County to the USFS CCC campground near Watford City. The camps include drinking water, hitching rails, tables, camp fire and accessible restroom facilities. Camps are spaced about every 20-miles along the trail. This area includes camping, biking, hiking, horseback riding and hunting.

#### **NAARD CREEK RANCH**

Killdeer | 701-764-6911

The ranch is located northwest of Killdeer, ND near the site of the Battle of the Killdeer Mountains. The site includes a secluded log cabin on over 1,900 acres of land. The creek that runs through the land was named after Wilse Naard who built a cabin by the creek in the late 1800's. This area includes various recreational activities including birding, hiking, horseback riding, hunting, western experiences and historic sites.

#### **SULLY CREEK STATE PARK**

Medora | 701-623-2024

Sully Creek provides camping and related facilities for trail riding, canoeing or hiking. The park is located in the heart of the North Dakota Badlands. Visitors are able to enjoy over 270 miles of canoeing as you take on the rising waters of the Little Missouri River. This area provides recreational activities for visitors including biking, hiking, horseback riding, national & state parks.

#### THEODORE ROOSEVELT NATIONAL PARK

Medora | 701-623-4466

The Theodore Roosevelt National State Park was founded in 1947 and is located in Medora, ND. This park allows visitors to learn about Theodore Roosevelt and the cattle ranching boom in the 1880's throughout the Dakota Territory. Recreational activities in this park include camping, archaeology & paleontology, birding, hiking, horseback riding, museums, scenic drives, wildlife & wonders, winter activities, and historic sites.



# AREA ATTRACTIONS

ANTELOPE VALLEY STATION

Beulah | 701-223-0441

**FREEDOM MINE** 

Beulah | 701-873-2281

**FAMILY FUN CENTER** 

Medora | 800-633-6721

Beulah | 701-873-6667

**GREAT PLAINS SYNFUELS PLANT** 

**MEDORA MINI GOLF** Medora | 701-623-4444 PFENNIG WILDLIFE MUSEUM

Beulah | 701-873-4889

**BADLANDS SHOOTING GALLERY** 

Medora | 701-623-4050

**MEDORA RIDING STABLES & TRAIL RIDES** 

Medora | 701-623-3003

PITCHFORK STEAK FONDUE

Medora | 701-623-4444

**REULAH SWIMMING POOL** 

Beulah | 800-441-2649

MERCER COUNTY HISTORICAL MUSEUM

Beluah | 701-873-5070

TRANSPORTATION MUSEUM

Medora | 701-623-4653

**BILLINGS COUNTY COURTHOUSE MUSEUM** 

Medora | 701-623-4829

HAROLD SCHAFER HERITAGE CENTER

Medora | 701-623-2000

Medora | 701-575-4020

**ND COWBOY HALL OF FAME** 

PAINTED CANYON VISITOR CENTER

**VON HOFFMAN HOUSE** 

Medora | 701-623-4444

**BLACK SANDS GOLF COURSE** 

Beulah | 701-873-2929

**HAZEN GOLF CLUB** 

Hazen | 701-748-2011

Medora | 701-623-4444

**BULLY PULPIT GOLF COURSE** 

Medora | 701-623-4653

**HAZEN SWIMMING POOL** 

Hazen | 701-748-2413

**CHATEAU DE MORES** 

Medora | 701-623-4355

**HUTMACHER FARM** 

Manning | 701-356-3001

**COMEDY CORNER** 

Medora | 701-623-4444

**KNIFE RIVER INDIAN VILLAGES** 

Stanton | 701-745-3300

**CUSTER TRAIL AUTO TOUR** 

**KILLDEER MOUNTAIN BATTLEFIELD STATE** 

HISTORIC SITE

Killdeer | 701-328-2666

Medora | 701-225-5151

MALTESE CROSS CABIN

Medora | 701-623-4466

Beulah | 701-873-4333

MEDICINE HOLE GOLF COURSE

Killdeer | 701-764-4653

Dunn Center | 701-548-8111

MEDORA CHILDREN'S PARK

Medora

**DUNN COUNTY HISTORICAL MUSEUM** 

**DAKOTA WESTMORELAND COAL MINE** 

**FORT CLARK STATE HISTORIC SITE** 

Stanton | 701-328-2666

# FREE MOZZARELLA STICKS APPETIZER!

Present this coupon to your server during your next visit to Applebee's Neighborhood Grill & Bar Dickinson, and receive a FREE Mozzarella Sticks Appetizer with the purchase of 2 regular priced entrees and 2 beverages. This coupon has no cash value, cannot be used as gratuity, and cannot be used in conjunction with any other offers or discounts. Valid only at the Dickinson, ND Applebee's location for Dine-in or To-Go. Expires 09/01/18.

289 15th Street West, Dickinson ND • (701) 227-8573 • www.applebees.com

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

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

Online: www.qf.nd.qov, By Phone: (701) 328-6300.

**Bighorn Sheep** 

Opens: Fri, 11/02/2018

**Canada Geese** 

Opens: Sat, 09/22/2018

Coot

Low Plains Unit Opens: Sat, 09/22/2018

High Plains Unit Opens: Sat, 12/08/2018

Crow

Spring

Opens: Sat, 03/10/2018 Closes: Sun, 04/22/2018

Fall

Opens: Sat, 08/18/2018

Doves

Opens: Sat, 09/01/2018

**Ducks** 

Low Plains Unit Opens: Sat, 09/22/2018

High Plains Unit

Opens: Sat, 09/22/2018

Elk

Bow Only Opens: Sat, 09/01/2018

Units E1E, E1W, E2

Opens: Fri, 10/05/2018

Units E3, E4 Opens: Sat, 09/01/2018

Unit E5

Opens: Sat, 09/01/2018

Elk (contd.) Unit E6

Opens: Fri, 10/05/2018

Unit E6

Opens: Mon, 11/26/2018

Fisher

Opens: Mon. 11/26/2018

**Hungarian Partridge** 

Opens: Sat, 09/08/2018

**Light Geese** 

Opens: Sat, 09/22/2018

Mergansers

Low Plains Unit

Opens: Sat, 09/22/2018

High Plains Unit

Opens: Sat, 09/22/2018

Moose

Opens: Fri, 10/12/2018

Bow Only

Opens: Sat, 09/01/2018

Mule and White-tailed Deer

Gun All Units

Opens: Fri, 11/09/2018

Bow Statewide

Opens: Fri, 08/31/2018

Muzzleloader Statewide

Opens: Fri, 11/30/2018

**Pronghorn** 

Opens: Fri, 10/05/2018

Bow Only

Opens: Fri, 08/31/2018

**Ring-necked Pheasants** 

Opens: Sat, 10/06/2018

Ruffed Grouse

Opens: Sat, 09/08/2018

Sandhill Crane

Unit 1

Opens: Sat, 09/15/2018

Unit 2

Opens: Sat, 09/15/2018

Sharp-tailed Grouse

Opens: Sat, 09/08/2018

Tree Squirrel

Opens: Sat, 09/08/2018

Tundra Swan

Opens: Sun, 09/30/2018

Turkey

Opens: Sat, 10/13/2018

White-fronted Geese

Opens: Sat, 09/22/2018

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

\*At the time of publication not all dates were available.





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

Here are 5 Suggestions for a safe and successful hunting experience:

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

# **PNR** 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:

# BILLINGS Billings County Auditor

495 4th St | Medora | (701) 623-4377

# **DUNN**

**Farmers Union Oil Co.** 211 Main St E | Halliday | (701) 938-4716

# **McKenzie Bay Marina**

8 Marina Rd | Mandaree | (701)609-4808

# **MERCER**

**Dakota Waters Resort** 

5803 Beulah Bay Rd | Beulah (701)873-5800

# Farmers Union Oil Co.

1600 Highway 49 North | Beulah (701)873-4363

# MERCER CONTD.

J&M Hardware Inc

128 West Main | Beulah (701)873-4318

# Shopko 743

1900 Hwy 49 | Beulah (701)873-5991

# **Scott's Bait and Tackle**

71 Main Rd East | Pick City (701)487-3343

# **Mercer County Auditor**

1021 Arthur St | Stanton (701)745-3292





# PRODUCTIVITY TIPS

# HUNTING/FISHING FEES

Get up earlier

Some of the most successful people in the world start their days before 6 a.m. It may be hard at first, but you can start by waking up 15 minutes earlier and gradually increase the time from there. Soon enough you will be awake and getting things done before most people are out of bed. That will allow you a head start on everybody else.

# Start with "me time"

First thing in the morning go through all of your social media posts, respond to all of the little things that others need you to so they can get to work and set up a schedule for the rest of your day. Getting organized in the morning will help the rest of the day go smoother.

Sleep well

While waking up early is important, so is going to bed early. The bare minimum a person needs to sleep is 7-8 hours at a time to stay healthy. You will be able to think more clearly and make better decisions if you have a good night's sleep.

Use time-blocking

Take your to-do list and block off a time to get each item done. Make sure all of your desktop, online, mobile, and physical calendar's are in sync. You want to be on the same page with all your devices.

Once you have the time set aside to accomplish a task do not get distracted. If turning off your phone and locking yourself in a room is what it takes, then do that!

# Use checklists

If you are operating under a deadline or you have a lot of tasks to accomplish, a checklist will help you keep you focused and on track.

# Schedule breaks

Taking breaks is important because it allows your body and mind to get organized. If you schedule your breaks regularly it allows your mind to structure your day better. It would be hard for most people to do but if you can take a 10-20 minute power nap right after lunch it may help you feel energized and refreshed!

Clear your dutter

It is important to keep a clean work station because order will help your mind focus on accomplishing your goals. Even if it looks like a mess to others having a place for everything will help anybody focus and be more productive.

# Get Fit

Being in shape and exercising regularly will help keep you energized throughout the day.

Certain species licenses are issues by lottery and require additional application procedures. Contact the North Dakota Game and Fish Department for license availability and eligibility.

Online: www.qf.nd.qov, By Phone: (701) 328-6300.

#### RESIDENT

FISHING, HUNTING, FURBEARER CERTIFICATE
(Prerequisite for All Hunting/Fishing Licenses) \$1.00

GENERAL GAME & HABITAT LICENSE

(Prerequisite for Hunting Licenses) \$13.00

**COMBINATION FISHING/HUNTING** 

(General Ages 16+) \$32.00

**SMALL GAME LICENSE** 

(General Ages 16+) \$6.00

**SANDHILL CRANE PERMIT\*** 

\$5.00

DEER

(Gun 1st Lottery) \$20.00 (Bow) \$20.00 (Youth Gun/Bow) (Ages 16 & Under) \$10.00

**PRONGHORN** 

(Gun 1st Lottery) \$20.00 (Bow) \$20.00 (Youth Gun/Bow Ages 16 & Under) \$10.00

**FURBEARER** 

(Trapping/Hunting Ages 16+) \$7.00

WILD TURKEY\*

(Spring/Fall 1st Lottery) \$8.00

**FISHING** 

(General Ages 16+) \$10.00 (Husband/Wife) \$14.00 (Senior Citizen 65+ & Permanently Disabled) \$3.00 (Paddlefish) \$3.00 **NON-RESIDENT** 

FISHING, HUNTING, FURBEARER CERTIFICATE

(Prerequisite for All Hunting/Fishing Licenses) \$2.00

**GENERAL GAME & HABITAT LICENSE** 

(Prerequisite for Hunting Licenses) \$13.00

**SMALL GAME LICENSE** 

(General) \$85.00

WATERFOWL

(State-Wide) \$125.00 (Zone-Restricted) \$85.00

NON-GAME

(General) \$15.00 (Furbearer & Non-Game) \$25.00

SANDHILL CRANE PERMIT\*

\$5.00

DEER

(Gun 1st Lottery) \$220.00 (Bow) \$200.00

**PRONGHORN** 

(Bow) \$200.00

WILD TURKEY\*

(Spring/Fall 1st Lottery) \$80.00

**FISHING** 

(General Ages 16+) \$35.00 (Husband/Wife) \$45.00 (3 Day) \$15.00 (10 Day) \$25.00

\*Requires small game license in addition to permit.

# **Operating Watercraft**

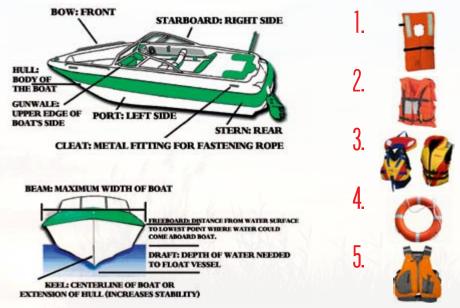
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

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

# Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

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



# All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DE-VICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE IO MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:

IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.

- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS IG FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDI-ATELY AVAILABLE.
- A Coast Guard approved Type 5 device may be substituted for any other Coast Guard approved device if it meets the same requirements and is noted on the label.
- Anyone riding a jet ski or other Personal Water Craft must wear an approved -non inflating flotation device, as well as anyone being towed by a water craft.

# **Eat Breakfast**

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

# **Eat Your Greens**

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

# **Drink Enough Water**

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

# Take a Walk During Lunch Break

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

# **Get Up and Move**

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

# Floss and Brush

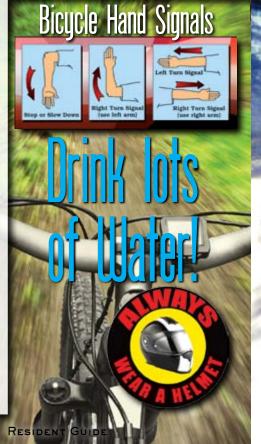
This might not seem like the most significant health issue but it is very important. If you don't floss and brush daily you build up plaque on your teeth and at the gum lines. This can lead to things like gum disease and if not treated can enter the bloodstream and trigger

inflammation in the arteries causing things like heart disease, diabetes, erectile dysfunction in males and delayed conception for women.

# BICYCLE SAFETY

# 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 traf-



# 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.

# 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.



fic of your changing direction.

property and no

trespassing signs. Stay on

trails. Exercise extreme caution

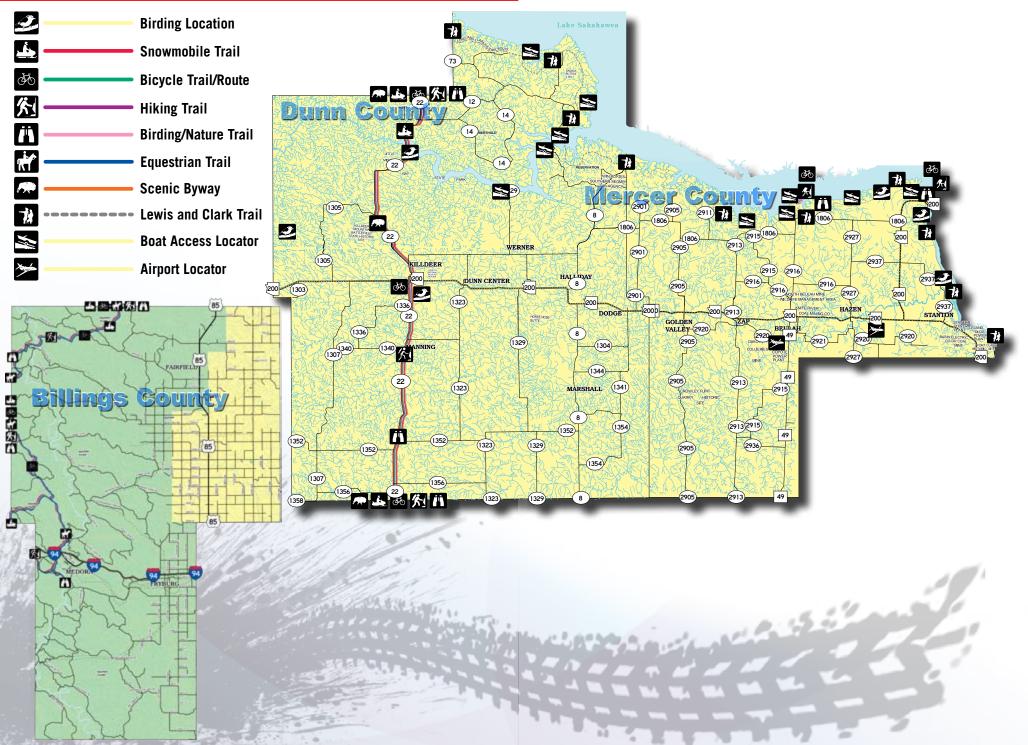
on all lakes and streams. Obey all

state and local laws and ordinances. Do

not operate snowmobiles/ATV's on county

roads or state highways.

# LOCAL AREA TRAILS



# 10 Tips for Green I humb GARDENING

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

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





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

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



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

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



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

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



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

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



# SAFETY TIPS

#### **PARENTS:**

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

#### KIDS:

#### **FIRE SAFETY**

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

#### **HOME ALONE**

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



# FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY INSECT BITES/ANAPHYLAXIS

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

#### **POISON PREVENTION**

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

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

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

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

# Keep your pets safe from household chemicals,

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





#### FIRST AID FOR BURNS & CHOKING

#### **BURNS**

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

# Bandage the burn with sterile gauze:

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

# Take Aspirin, Ibuprofen, Naproxe<mark>n or Acetaminop</mark>hen to relieve pain:

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

For 3rd degree burns/all major burns - DIAL 911
DO NOT run cold water over large severe burns - this can cause shock.
DO NOT remove burnt clothing.
Check for signs of breathing/coughing/movement.
If there are no signs of breathing begin CPR.
Elevate burned areas above heart level, if possible.
Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

#### CHOKING

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

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

IN AN EMERGENCY, DIAL 911

# LOCALLY **...and support the community you lit**