

**Free**

# *Resident and Visitor Guide*



**La Crosse &  
Vernon Counties,  
Wisconsin**

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

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*Photos by Jim*

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La Crosse County



Vernon County



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# Local Area Events

## JANUARY

Great Tri-State Rail Sale | La Crosse  
Wedding & Bridal Expo | La Crosse  
Snowflake Ski Jump (Jan-Feb) | Westby  
Junior Ski Jumpers Competition (Jan-Feb) | Westby

## FEBRUARY

Boat, Sport, Travel, RV and Hunting Show | La Crosse  
Mardi Gras Masquerade Ball | La Crosse  
Winter Roots Festival | La Crosse

## MARCH

La Crosse Area Home & Builders Show  
Coulee Hoolie Ceili – La Crosse  
Custom Auto Show | La Crosse  
Ho-Chunk Foundres Day Pow-Wow | La Crosse  
Model Railroad Show | La Crosse  
St. Patrick's Day Parade | La Crosse  
Polar Plunge | La Crosse  
Maple Syrup Fest | Lanesboro  
Onalaska Home Show

## APRIL

Beer, Wine & Cheese Festival | La Crosse  
Between the Bluffs Beer, Wine & Cheese Festival | La Crosse  
Earth Fair | La Crosse  
Green Goose Chase | La Crosse  
Outdoor Rec Swap & Shop | La Crosse  
Spring Fashion Show | La Crosse  
Onalaska Jazz Festival  
Rocco's Memorial Gun Show | Onalaska  
Easter Egg Hunt | Westby  
Viroqua Partners City-Wide Rummage Sale

## APRIL (CONTD)

Spring Gift & Craft Show | La Crosse  
Ridges & Rivers Book Festival | Viroqua  
Ramp Romp | Viroqua

## MAY

River to Ridge Run/Walk | La Crosse  
Flea Market (May-Oct) | La Crosse  
Annual WAMO Dart Tournament | La Crosse  
Krazy Daze | La Crosse  
Midwest Music Fest | La Crosse  
Thursday Nights Street Drag (May-Sept, 3rd Thurs.) | West Salem  
Syttende Mai Norwegian Festival | Westby  
Syttende Mai Banquet & Coronation | Westby  
West Salem Village-Wide Rummage Sale  
Speedway Season Opener | West Salem  
Viroqua Farmers Market (May-Oct, Saturdays)  
Gays Mills Folk Festival of Music & Dance

## JUNE

Artspire | La Crosse  
Norskedalen's Midsummer Fest | Coon Valley  
Coulee Rock Club Gem & Mineral Show | Onalaska  
Celebrate Onalaska | Onalaska  
Dairy Days | West Salem  
Lobsterfest | La Crosse  
Explore La Crosse Day

## JULY

Art Fair on the Green | La Crosse  
La Crosse Interstate Fair  
Rail Fair | La Crosse  
Riverfest | La Crosse  
Youth Outdoor Fest | La Crosse

## JULY (CONTD)

4th of July Fireworks | La Farge, Westby  
Festival Foods Salute to the 4th | La Crosse  
Freedom Fest | La Crosse  
Storytelling Festival | La Crosse  
Cheech's Deecefest Family Music Festival | La Crosse  
St. Elias Mediterranean Festival | La Crosse  
Jazz Party & Art Show in the Park | La Crosse  
Country Boom | West Salem

## AUGUST

Bangor Lions Fun Daze  
Hillsboro Charity Tractor Pull  
Kornfest | Holmen  
Kornfest Fun Run | Holmen  
Great River Folk Festival | La Crosse  
Irishfest | La Crosse  
Applefest | La Crescent  
Wild West Days | Viroqua

## SEPTEMBER

Elvis Explosion | La Crosse  
Between the Bluffs Plein Air Festival | La Crosse

## SEPTEMBER (CONTD)

Pride in the Park | La Crosse  
Oktoberfest USA | La Crosse  
Bluff to Bluff Trolley Tours (Sept-Oct) | La Crosse

## OCTOBER

UW-La Crosse Homecoming Weekend  
Viroqua Partners Safe Trick-or-Treat  
Oktoberfest Race Weekend | West Salem

## NOVEMBER

Holiday Fair | La Crosse  
Thanksgiving Day Dinner | La Crosse  
Viroqua Partners Twinkle Fest  
Community Tree Lighting Ceremony | Viroqua  
Rotary Holiday Lights (Nov-Dec) | La Crosse

## DECEMBER

A Christmas Carol | Viroqua  
Frothbite Beer Festival | La Crosse  
NYE Gala | La Crosse  
Skyrockers New Year's Eve | La Crosse

\*Events are subject to change.

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CountySurveyor.....	785-9626
County Treasurer.....	785-9711
District Attorney.....	785-9604
EmergencyManagement.....	789-4811
Emergency Services Department.....	785-9634
Extension.....	785-9593
FacilitiesDepartment.....	785-9770
FinanceDepartment.....	785-9580
HealthDepartment.....	785-9872
Highway Department.....	786-3810
HumanServices.....	784-4357
InformationTechnology.....	785-9601
Land Conservation Department.....	785-9867
Parks (Shelter Reservations).....	789-7533
Sheriff.....	785-9629
SolidWaste.....	785-9572
Veterans Service.....	785-9719
Zoning & Land.....	785-9722

VERNON COUNTY

Administrator .....	(608) 637-5396
County Clerk .....	637-5380
County Treasurer.....	637-5365
District Attorney.....	637-5357
Extension.....	637-5276
Health Department .....	637-5251
Highway Department .....	637-5452
Human Services.....	637-5210
InformationTechnology.....	637-5312
Land & Water Conservation.....	637-5480
Sheriff .....	637-2123
Solid Waste & Recycling.....	637-5520
Veterans Service .....	637-5323
Zoning & Sanitation.....	637-5270



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# La Crosse County History



The first permanent settler in the area was fur trader Nathan Myrick in 1841. He set up a trading post with Eben Weld on what was referred to at the time as Barron's Island. The lumber industry began over-taking the fur trade business and by 1848 Myrick had noted that there were already eleven sawmills on the Black River. La Crosse became the main site for cargo boats to unload their goods. Local merchants were middlemen, collecting commission for storing and forwarding goods. The growing demand for boats to be built and fixed became an important industry which helped the village grow. La Crosse County was formed from Crawford County in 1851. In 1856 the La Crosse settlement became a city and the first mayoral election took place with Thomas Benton Stoddard as the first mayor of La Crosse. The La Crosse and Milwaukee Railroad was completed in October of 1858 and the Southern Minnesota Railroad was built from Wells, Minnesota, connecting La Crosse to the west. Eventually bridges were built across the Mississippi River ending the need for ferries. By 1900 La Crosse County had a population of 42,997. Today, La Crosse County is home to approximately 111,791 residents with the city of La Crosse as the county seat.

- CITIES:**  
**LA CROSSE** (County Seat) – pop. 51,840  
**ONALASKA** – pop. 16,644
- VILLAGES:**  
**BANGOR** – pop. 1,400  
**HOLMEN** – pop. 7,342  
**ROCKLAND** – pop. 628

- WEST SALEM** – pop. 4,731
- TOWNS:**  
**BANGOR** – pop. 583  
**BARRE** – pop. 1,014  
**BURNS** – pop. 979  
**CAMPBELL** – pop. 4,441  
**FARMINGTON** – pop. 1,733  
**GREENFIELD** – pop. 1,538

- HAMILTON** – pop. 2,301  
**HOLLAND** – pop. 3,042  
**MEDARY** – pop. 1,455  
**ONALASKA** – pop. 7,658  
**SHELBY** – pop. 4,592  
**WASHINGTON** – pop. 738  
*\*Populations are approximate.*

# La Crosse County Communities

## CAMPBELL

In 1851, the town of Campbell was settled. It was named for former Lieutenant Governor of Wisconsin, Erasmus D. Campbell. In May of 1851 one of the area's first settlers Joseph French arrived. Most of the settlers were of French Canadian descent, primarily from Quebec. They settled the area that is part of a large island bordered by the Mississippi and Black Rivers and Lake Onalaska. The island is known as "French Island". Today, Campbell is home to approximately 4,441 residents.

## LA CROSSE (COUNTY SEAT)

In 1841 La Crosse was settled by fur traders. They had a trading post and traded heavily with the Ho-Chunk Native Americans. In 1848 the lumber industry over-took the fur trade. The town grew rapidly at this point, expanding from six to eight homes, to a population of 745 in a three year period. On March 14th, 1856 La Crosse became a city as well as county seat. Today, La Crosse is home to approximately 51,840 residents.

## ONALASKA

In 1851, Onalaska was founded by Thomas G. Rowe, a New York Native. Rowe named the settlement Onalaska after a favorite poem titled, "The Pleasures of Hope," by Thomas Campbell. The site of Onalaska is located on a ridge that overlooks Lake Onalaska, the Black River, the Mississippi River and the bluffs three miles away in Minnesota. Early industry was led by lumbering, but today the community is widely recognized as the sunfish capital of the world. Today, Onalaska is home to approximately 16,644 residents.

## ROCKLAND

The first settlers landed in the area in the mid 1800s. They were primarily of German, Dutch and Irish descent. They cleared the forested land and built homes and farms. As the population grew, small businesses became established which included a sawmill, a feed mill and several cheese factories. The first town meeting was held in 1856. The town had only five one-room school houses until the 1960's when they were included into surrounding school districts. Today, Rockland is home to approximately 628 residents.

## WEST SALEM

The first settler, Thomas Leonard arrived in 1851. He moved to the area from New England and along with his family, built the first log cabin on the settlement. A neighboring village, Neshonoc, was founded by Monroe Palmer. There was a rival between the two towns until the railroad arrived. Leonard donated his land to the railroad and a depot was built there, meanwhile Palmer wanted the railroad to buy his land. Leonard's village over-took Neshonoc when most of its settlers moved to what was to become West Salem. The name originally suggested for Leonard's village was Rupert however, West Salem was the name that was chosen. Today, West Salem is home to approximately 4,731 residents



# Vernon County History



Vernon County was named after president George Washington's home Mt. Vernon and the green pastures located throughout the area. Vernon County was originally named Bad Axe County but it was renamed in 1862 because residents thought "Bad Axe" was considered unfavorable. Early on, Vernon County was formed from portions of Richland and Crawford counties. The first settlers arrived to the area in the spring of 1844. John McCullough was considered the first settler of Vernon County which was then part of Crawford County. Many settlers were farmers and were attracted to the lush lands for agriculture as well as the Mississippi River to the west. Populations increased with the rise of agriculture and the introduction of steamboats in the upper Mississippi River. In 1900 Vernon County had a population of 28,351. Today Vernon County is home to approximately 29,324 residents with the city of Viroqua as the county seat.

## CITIES:

**VIROQUA** (County Seat) – pop. 4,335  
**WESTBY** – pop. 2,045

## VILLAGES:

**CHASEBURG** – pop. 306  
**COON** – pop. 683  
**COON VALLEY** – pop. 714  
**DE SOTO** – pop. 366  
**GENOA** – pop. 263  
**LA FARGE** – pop. 775  
**ONTARIO** – pop. 476

## READSTOWN – pop. 395

**STODDARD** – pop. 799  
**VIOLA** – pop. 667

## TOWNS:

**BERGEN** – pop. 1,317  
**CHRISTIANA** – pop. 871  
**TOWNS (Cont).**  
**CLINTON** – pop. 1,354  
**FOREST** – pop. 583  
**FRANKLIN** – pop. 923  
**GREENWOOD** – pop. 770  
**HAMBURG** – pop. 848

## HARMONY – pop. 739

**HILLSBORO** – pop. 1,302  
**JEFFERSON** – pop. 974  
**KICKAPOO** – pop. 566  
**LIBERTY** – pop. 167  
**STARK** – pop. 349  
**STERLING** – pop. 713  
**UNION** – pop. 531  
**WEBSTER** – pop. 676  
**WHEATLAND** – pop. 533  
**WHITESTOWN** – pop. 509

*\*Populations are approximate.*

# Vernon County Communities

## DE SOTO

De Soto was originally recognized as Winneshiek Land- ing until it was renamed "Desoto" in honor of Hernando De Soto, who discovered the Mississippi River. Early industry was led by logging and businesses included sawmills, breweries, hotels, a creamery and a variety of specialty shops. Its proximity to the Mississippi River allowed for easy transport of goods and the area continued to develop until the arrival of the railroad in 1882 which halted river traffic. Today De Soto is home to approximately 366 residents.

## HILLSBORO

In 1850 the earliest settlers to the area began to arrive. Hillsboro was named after early settlers Valentia Hill and his brothers. One of the first businesses was the saw mill which was followed by a grist mill on the Baraboo River. From there, a blacksmith, hotel and school were established. In the 1880s the first creameries were established and the first hospital was established in 1911. Today Hillsboro is home to approximately 1,302 residents.

## LA FARGE

The first post office in the La Farge area was established in 1863, a few miles south of its present site. The first postmaster Mr. S.W. Green named the post office La Farge, after coming across the French name in a book. The post office was relocated to an area referred to as De Jean's Corners, and from there the village got its start. The first hotel, The La Farge House, was established in 1895. Soon after a photography studio, general store and a stove and head- ing factory were also established. The railroad was built through the village in 1897 and the community began to thrive and was incorporated in 1899. Today La Farge is home to approxi- mately 775 residents.

## VIROQUA (COUNTY SEAT)

Moses Decker, Viroqua's first settler, arrived in 1846 along with his sons. The village was platted in 1850 by Samuel McMichael and in 1851 Decker, along with the community, constructed a house that was needed for a meeting place. It also served as a courthouse and later became a school and a church. In 1852 Decker donated forty acres of land to help Viroqua become the new county seat of Vernon. Today Viroqua remains the county seat and is home to approxi- mately 4,335 residents.

## WESTBY

The Westby area was originally occupied by the Sac, Fox and Winnebago Indian tribes. Their population decreased in the area after the Black Hawk War of 1832. In 1837, the Winnebago ceded all their land that was east of the Mississippi to the United States and in 1848, Norwe- gian immigrants began settling in the area. Ole T. Westby established a general store in 1867. When the railroad was built through the area, a station was built and named Westby, honoring Ole T. Westby. In 1896 Westby became incorporated as a village and was incorporated as a city in 1920. Today Westby is home to approximately 2,045 residents.



# PORK Carnitas TACOS



Simple meal with a Gourmet Feel

## INGREDIENTS

2 lbs pork shoulder, cut into 2-inch cubes  
1 onion, diced  
4 garlic cloves, minced  
1 jalapeño pepper, seeded and minced  
1 tbsp ground cumin  
1 tbsp chili powder  
1 tsp smoked paprika  
1 tsp salt  
1/2 tsp black pepper  
1 orange, juiced  
1 lime, juiced  
1/4 cup cilantro, chopped

## Corn tortillas

Toppings of your choice (such as chopped onions, diced tomatoes, sliced avocado, shredded lettuce, sour cream, and salsa)

## INSTRUCTIONS

- 1 In a large pot or Dutch oven, heat some oil over medium-high heat. Add the pork and sear until browned on all sides.
- 2 Add the diced onion, minced garlic, and minced jalapeño pepper to the pot. Cook until the onion is softened and the garlic is fragrant, about 3-5 minutes.
- 3 Add the ground cumin, chili powder, smoked paprika, salt, and black pepper to the pot. Stir to coat the pork and vegetables with the spices.
- 4 Add the orange juice, lime juice, and enough water to cover the pork by about an inch. Bring to a boil, then reduce the heat to low and simmer, covered, for 2-3 hours or until the pork is very tender.
- 5 Remove the lid and continue to simmer until the liquid has reduced and the pork is browned and crispy on the outside.
- 6 Use two forks to shred the pork into bite-sized pieces. Stir in the chopped cilantro.
- 7 To serve, warm up the corn tortillas and place some of the pork carnitas on each tortilla. Add your desired toppings and serve immediately.

Enjoy your delicious pork carnitas tacos!

PREP: 20 MIN • TOTAL: 2+ HOURS



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# 10 Tips for Green Thumb GARDENING

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

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



3. 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.



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

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



7. 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!



9. 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.



## ALL ABILITIES TRANE PARK

1500 Chase St. | La Crosse | (608) 789-7533  
This is an inclusive park for those with cognitive, sensory and physical challenges of all ages. The park features drinking fountains, enclosed shelter, green space, indoor bathrooms and an open air shelter.

## BLACKHAWK PARK

Blacktop Rd. | De Soto | (608) 637-5480  
Located in De Soto, Black Hawk Park features camping, canoe, boat and motor rentals, backwater flatbottom rides, and boat launches.

## DUCK EGG COUNTY FOREST

Irish Ridge Rd. | Viroqua | (608) 637-7335  
Located in Viroqua, Duck Egg County Forest offers fishing, hunting, hiking and horseback riding.

## ESOFEA/RENTZ MEMORIAL PARK

Park Rd. | Westby | (608) 637-5485  
Located in Westby, Rentz Memorial Park features 16 rustic campsites, 8 electric campsites, 4 full hookup RV sites, hiking trail, picnic shelter, trout pond, open areas for softball or kickball or volleyball, and a section of the North Fork Bad Axe River running through it.

## GOOSE ISLAND PARK / CAMP-GROUND

W6488 Cty. Rd. G | Stoddard | (608) 788-7018  
Located in Stoddard, Goose Island Park features a campground, Canoe and Kayak rentals, a boat launch, playground equipment, a swimming beach, nature trails, volleyball and basketball courts, and a miniature golf course.

## GRANDAD BLUFF PARK

3020 Grandad Bluff Rd. | La Crosse | (608) 789-7533  
The park features a 600-ft high bluff, shelter house, coin-operated binoculars and picnic areas.

## JERSEY VALLEY COUNTY PARK

Co. Rd. X | Westby | (608) 637-5485  
Located in Westby, Jersey Valley County Park features a man-made lake, beach, swimming area, picnic pavilion and a hiking trail.

## KOORYUMJIAN - LOST CREEK COUNTY FOREST

Pine Rd. | Yuba | (608) 637-5476  
Located in Hillsboro, Kooryumjian - Lost Creek County Forest offers fishing, hunting and hiking.



## NESHONOC SOUTH

1050 Tilson St. E | West Salem

## NESHONOC SWARTHOUT PARK

W3373 State Road 16 | West Salem  
The park features a shelter, beach, playground, boat landing, volleyball & restrooms.

## PUMPKIN PATCH PARK

4570 Brickyard Ln. | La Crosse  
The park features a Playground.

## RUNGE HOLLOW RECREATION AREA

County Rd. Y | Westby | (920) 424-3050  
Located in Westby, Runge Hollow Recreation Area Features a boat launch and fishing pier.

## SIDIE HOLLOW COUNTY PARK

E6051 Co. Rd. Xx | Viroqua | (608) 637-7335  
Located 3 miles from the city of Viroqua, Sidie Hollow County Park features 74 campsites, 2 picnic shelters, 38 acre lake, trout streams, fishing piers, a boat launch, multi-use hiking and mountain bike trails and two playground areas.

## UPPER MISSISSIPPI RIVER NATIONAL WILDLIFE & FISH REFUGE

N5727 Cty. Rd. Z | Onalaska | (608) 779-2399  
Located on the Mississippi River near Onalaska the Upper Mississippi River National Wildlife & Fish Refuge features nature trails, fishing piers, boat launches and wildlife watching opportunities.

## VETERANS MEMORIAL PARK

N4668 Cty Rd. VP | West Salem | (608) 789-8599  
Located in West Salem, Veterans Memorial Park features canoeing, fishing opportunities, recreational trails, baseball fields, a beach volleyball court, outdoor shuffleboard, shelter houses, and a campground.

## WAYSIDE PARK & COON PRAIRIE TRAIL

Hwy. 14 | Westby  
Located in Vernon County, Wayside Park features hiking, biking, in-line skating, jogging, and cross-country skiing.

## WILDCAT MOUNTAIN STATE PARK

E13660 Hwy. 33 | Ontario | (608) 337-4775  
Located in the Kickapoo River Valley, Wildcat Mountain State Park features hiking trails and nature trails, camping sites, horseback riding, and canoe rentals.



# Area Attractions

## ALL GLAZED UP! POTTERY STUDIO

313 Pearl St. | La Crosse | (608) 782-7248

## BANGOR LANES

106 16th Ave. N | Bangor | (608) 486-2015

## BLACK RIVER EXPRESS CANOE RENTAL

301 Washington Ave. S | Melrose |  
(608) 488-7017

## CAPPELLA PERFORMING ARTS CENTER

721 King Street | La Crosse | (415) 215-4232

## CALEDONIA STREET ANTIQUE MALL

1215 Caledonia St. | La Crosse | (608) 782-8443

## CHILDREN'S MUSEUM OF LA CROSSE

207 5th Ave. S | La Crosse | (608) 784-2652

## CLEMENTS FISHING BARGE

108 Main St. | Genoa | (608) 689-2800

## DREGNE'S SCANDINAVIAN GIFTS

100 S Main St. | Westby | (608) 634-4414

## DRIFT MERCANTILE

211 Pearl St. | La Crosse | (608) 790-9322

## DRIFTLESS CURIOSITY

15270 Hauke Ln. |  
Viola |  
(608) 475-3687

## EAGLE CAVE RESORT, LLC

16320 Cavern Ln. |  
Blue River |  
(608) 537-2988

## GREAT RIVER LAND- ING & SUNNY THE SUN- FISH

101 Irvin St.  
| Onalaska | (608) 781-

9560

## HILLSBORO BREWING COMPANY

206 E Madison St. | Hillsboro | (608) 489-7486

## HILLSBORO HISTORICAL SOCIETY

678 Maple St. | Hillsboro | (608) 489-3594

## HOLMEN AREA COMMUNITY CENTER

600 N Holmen Dr. Suite 200 | Holmen |  
(608) 399-1870

## LA CROSSE COMMUNITY THEATRE

428 Front St. S | La Crosse | (608) 784-9292

## LA CROSSE COUNTY HISTORICAL SOCIETY

145 West Ave. S | La Crosse | (608) 782-1980

## LA CROSSE QUEEN CRUISES

405 E Veterans Memorial Dr. | La Crosse |  
(608) 784-8523

## LA CROSSE SYMPHONY ORCHESTRA

201 Main Street, Suite 230 | La Crosse |  
(608) 783-2121

## LANDMARK CENTER

500 E Jefferson St. | Viroqua | (608) 637-3306

## LEITHOLD MUSIC

116 4th St. S | La Crosse | (608) 784-7555



## MARCUS LA CROSSE CINEMA

2032 Ward Ave. | La Crosse | (608) 788-1212

## MC INTOSH MEMORIAL LIBRARY

205 S Rock Ave. | Viroqua | (608) 637-7151

## MT. LA CROSSE SKI AREA

N5549 Old Town Hall Rd. | La Crosse |  
(608) 788-0044

## OLD ST. MARYS CHURCH MUSEUM

606 W Broadway St. | Viroqua | (608) 637-7396

## PEARL ST BREWERY

1401 Saint Andrew St. | La Crosse |  
(608) 784-4832

## PUMP HOUSE REGIONAL ARTS CENTER

119 King St. | La Crosse | (608) 785-1434

## RIVER CITY GALLERY

321 Main St. | La Crosse | (608) 709-8458

## RIVOLI THEATRE AND PIZZERIA

117 4th St. N | La Crosse | (608) 860-0983

## THE SHERRY-BUTT HOUSE

795 N Main St. | Viroqua | (608) 637-7396

## TEMPLE THEATRE

116 S Main St. | Viroqua | (608) 637-8190

## THE DRIFTLESS AXE AND ARCADE

300 4th St. S | La Crosse | (608) 571-7246

## THE FOREAKER SCHOOL

606 W Broadway St. | Viroqua | (608) 637-7396

## THE SHRINE OF OUR LADY OF GUADALUPE

5250 Justin Rd. | La Crosse | (877) 799-4059

## TOP SHOTS POOL & DARTS

137 4th St. S | La Crosse | (608) 782-6622

## TOWNSHIP BOWL

S2060 Cty. Hwy. HH | Hillsboro | (608) 333-0057

## VERNON COUNTY AGRICULTURE SOCIETY

S3784 Bakum Rd. | Viroqua | (608) 634-4064

## VERNON COUNTY MUSEUM & HISTORY CENTER

410 S Center Ave. | Viroqua  
(608) 637-7396

## VERNON SQUARE CINEMA

1230 N  
Main St. | Vi-  
roqua | (608)  
637-8800



## VERNON VINE- YARDS

S3426 Peterson Ln. | Viroqua |  
(608) 634-6181

## VIROQUA COMMUNITY THEATRE

500 E Jefferson St. | Viroqua

## VITERBO UNIVERSITY FINE ARTS CENTER

929 Jackson St. | La Crosse | (608) 796-3100

## VIVA GALLERY

217 S Main St. # 1 | Viroqua | (608) 637-6918

## WALSH GOLF CENTER

4203 Cty. Rd. B | La Crosse | (608) 781-0838

## WESTBY AREA HISTORICAL SOCIETY

111 Bekkedal Ave. | Westby | (608) 634-4478





# HUNTING SEASONS

*\*Dates are subject to change please contact your local DNR office for specific hunting and trapping zone regulations. For general information on firearm safety training call: 1 (888) 936-7463.*

## DEER

### Archery and Crossbow

Sept. 13 – Jan. 4, 2026

### Archery and Crossbow \*Metro Sub-units only\*

Sept. 13 – Jan. 31, 2026

**Gun hunt for hunters with disabilities:** This is not a statewide season. ~ Oct. 4 – 12

**Youth deer hunt** ~ Oct. 11 – 12

**Gun** ~ Nov. 22 – 30

**Muzzleloader** ~ Dec. 1 – 10

**December 4-day antlerless hunt** ~

Dec. 11 – 14

**Antlerless-only Holiday Hunt** ~

Dec. 24 – Jan. 1, 2026\*

\*Only in valid farmland units. Please see deer regulations booklet for valid units.

## BEAR

**Zones A, B, D:** where dogs are permitted

Sept. 3 – 9

with aid of dogs only

Sept. 10 – 30

with aid of dogs

with aid of bait

with all other legal methods

Oct. 1 – 7

with aid of bait

with all other legal methods not using dogs

**Zones C, E, F:** where dogs are not permitted

Sept. 3 – Oct. 7

with aid of bait

with all other legal methods not using dogs

## SMALL MAMMALS

### Cottontail rabbit

Northern zone ~ Sept. 13 – Feb. 28, 2026

Southern zone ~ Oct. 18 (9 a.m.) – Feb. 28, 2026

Milwaukee County ~ Year-round

### Squirrels (gray and fox)

Statewide ~ Sept. 13 – Feb. 28, 2026

## GAME BIRDS

### Crow

Statewide Nov. 22 – March 25, 2026

### Pheasant

Statewide ~ Oct. 18 (9 a.m.) – Jan. 4, 2025

### Bobwhite quail

Statewide ~ Oct. 18 (9 a.m.) – Dec. 10

### Ruffed grouse

Zone A ~ Sept. 13 – Jan. 4, 2026

Zone B ~ Oct. 18 – Dec. 8

**Sharp-tailed grouse** ~ Season is under review.

### Hungarian partridge

Statewide ~ Oct. 18 (9 a.m.) – Jan. 4, 2025

(Closed in Clark, Marathon and Taylor counties)

## FURBEARERS

### Coyote

Hunting ~ Year-round

Trapping ~ Oct. 18 – Feb. 15, 2026

### Fox, red and gray

Hunting & Trapping ~ Oct. 18 – Feb. 15, 2026

### Beaver

Trapping

Zone A (northwest) Nov. 1 – April 30, 2026

Zone B (northeast) Nov. 1 – April 30, 2026

Zone C (south) Nov. 1 – March 31, 2026

Zone D (Mississippi River) Dec. 8 – March 15, 2026

### Muskrat & Mink

Trapping

Northern Zone Oct. 18 – April 15, 2026

Central Zone Oct. 25 – March 22, 2026

Southern Zone Nov. 1 – March 15, 2026

Mississippi River zone Nov. 10 – March 8, 2026

### Bobcat

Trapping

North & South zones, Period 1, Oct. 18 – Dec. 25

North & South zones, Period 2, Dec. 26 – Jan. 31, 2026

## Fisher

Trapping

North and South Zones Oct. 18 – Jan. 4, 2026

## Otter

Trapping

North zone Nov. 1 – April 30, 2026

South zone Nov. 1 – March 31, 2026

## Raccoon

Trapping

Resident Oct. 18 – Feb. 15, 2026

Nonresident Nov. 1 – Feb. 15, 2026

**Opossum, skunk, weasel, snowshoe hare and woodchuck** ~ No season limits, bag limits, size limits or possession limits, but a license is required.

## WILD TURKEY

2025 Youth turkey hunt ~ April 12 – 13

Spring 2025

Period A April 16 – 22

Period B April 23 – 29

Period C April 30– May 6

Period D May 7–13

Period E May 14– 20

Period F May 21 – 27

Fall 2025

Statewide Sept. 13 – Nov. 21

Zones 1 - 5 ~ Nov. 22 – Jan. 4, 2026



*\*For the latest season dates. Check the WI DNR website, <https://dnr.wisconsin.gov> or scan the QR code.*





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

## GENOA

### CAPTAIN HOOKS BAIT & TACKLE

108 Main St. | Genoa | (608) 689-2805

## HILLSBORO

### HILLSBORO COUNTY MARKET

E18590 State Hwy. 33 | Hillsboro |  
(608) 489-2423

## HOLMEN

### HOLMEN ACE HARDWARE

205 S Holmen Dr. | Holmen | (608) 526-3361

## LA CROSSE

### ACE OF LA CROSSE

4242 Mormon Coulee Rd. | La Crosse |  
(608) 788-9950

### DNR LACROSSE SERVICE CENTER

3550 Mormon Coulee Rd. | La Crosse |  
(608) 785-9015

### LA CROSSE COUNTY CLERK

212 6th St. N Room 1500 | La Crosse |  
(608) 785-9581

## QUILLINS ISLAND

201 Sky Harbour  
Dr. | La Crosse |  
(608) 785-1424

### WALMART

#### STORE #5127

4622 Mormon  
Coulee Rd. |  
La Crosse |  
(608) 788-1870

## LA FARGE

### PREMIER COOPERATIVE

210 W Main St. | La Farge | (608) 625-2324

## ONALASKA

### FARM & FLEET OF LA CROSSE

9438 US Hwy. 16 | Onalaska | (608) 781-3130

### SHAFERS RIVER RENTALS

W7221 North Shore Ln. | Onalaska |  
(608) 790-2880

### WALMART STORE #1679

3107 Market Pl. | Onalaska | (608) 781-8282

## READSTOWN

### KICKAPOO KWIK STOP

896 W Kickapoo St. | Readstown | (608) 629-5775

## STODDARD

### WATERS EDGE MOTEL MARINA CAMPGROUND

201 N Pearl Street | Stoddard | (608) 457-2126

## WESTBY

### WESTBY ACE HARDWARE

405 S Main | Westby | (608) 634-7330

## VIROQUA

### NELSON MILL & AGRI CENTER

217 N Center Ave. | Viroqua | (608) 637-2192

### WALMART STORE # 971

1133 N Main St. | Viroqua | (608) 637-8511

# FISHING SEASONS

## 2025-2026 FISHING SEASON DATES

(Effective Date: April 1, 2025; Dates Inclusive)

### Early Inland Trout (catch and release)

January 4, 2025 (5 a.m.) - May 2, 2025

### General Inland Trout

May 3, 2025 (5 a.m.) - Oct. 15, 2025

### General Inland Fishing

May 3, 2025 - March 1, 2026

### Largemouth Bass Northern Zone Harvest

May 3, 2025 - March 1, 2026

### Smallmouth Bass Northern Zone Harvest

June 21, 2025 - March 1, 2026

### Large And Smallmouth Bass Southern Zone Harvest

May 3, 2025 - March 1, 2026

### Large And Smallmouth Bass Catch And Release

At all other times of the year.

### Musky Northern Zone Harvest

May 24, 2025 - Dec. 31, 2025

## Musky Southern Zone Harvest

May 3, 2025 - Dec. 31, 2025

## Northern Pike

May 3, 2025 - March 1, 2026

## Walleye

May 3, 2025 - March 1, 2026

## Lake Sturgeon

Feb. 8 - Feb. 23 (Winnebago System  
spearing)  
Sept. 6 - Sept. 30 (hook-and-line)

## Free Fishing Weekends

June 7-8, 2025  
Jan. 17-18, 2026

*\*Contact the Wisconsin DNR for more  
information on specific fishing zones and  
dates:*

1 (888) 936-7463

<https://dnr.wisconsin.gov>  
or scan the QR code.





# Mosquitoes

## Prevention & Health Risks



### A MOSQUITO FREE YARD

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

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

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

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

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

### BE SAFE WHILE OUTDOORS

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

- Dengue • Encephalitis • Malaria • Yellow Fever.

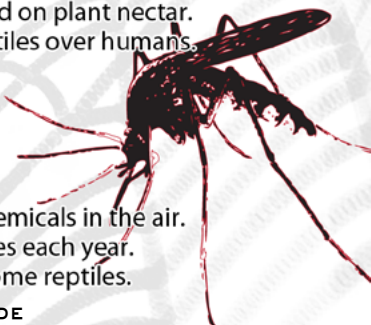
Mosquitoes can also transmit diseases to animals. A couple of these diseases are:

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

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

### RANDOM MOSQUITO FACTS

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



# TICKS

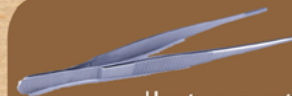
## Diseases & Prevention

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

### Some symptoms of a tickborne disease

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

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



### Tick Removal

Prompt tick removal is important.

Use tweezers to grasp the tick close to its mouth. Gently and slowly pull the tick straight outward.

Do not squeeze the ticks' body.

Wash the area and apply an antiseptic to the bite.

Watch for early signs and symptoms of a tickborne disease. Don't use folk remedies like Petroleum Jelly or a burnt match.



Blacklegged Tick Coverage

American Dog Tick Coverage

Lone Star Tick Coverage

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

American Dog (Wood) Tick  
Rocky Mountain Spotted Fever  
Tularemia

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

### Protect Yourself from Tickborne Diseases

**1-Know when and where you're at risk**

- Primarily Mid-May through Mid-July
- Wooded and brushy areas – Blacklegged Tick
- Grassy or wooded areas – American Dog Tick

**2-Wear EPA-registered tick repellent**

- DEET 20-30% on skin or clothing
- Permethrin 0.5% on clothing

**3-Check yourself for ticks**

- Shower after being outdoors
- Check at least once a day
- Remove ticks ASAP!





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

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



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

# YOUR Help is NEEDED!

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



## CLEAN. DRAIN. DISPOSE.

**KNOW THE LAW! YOU MAY NOT...**

- 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.



# Be Aware of your Surroundings

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

## Bicycle Hand Signals



# Drink lots of Water!



# Know Your ATV

## Read the owner's manual

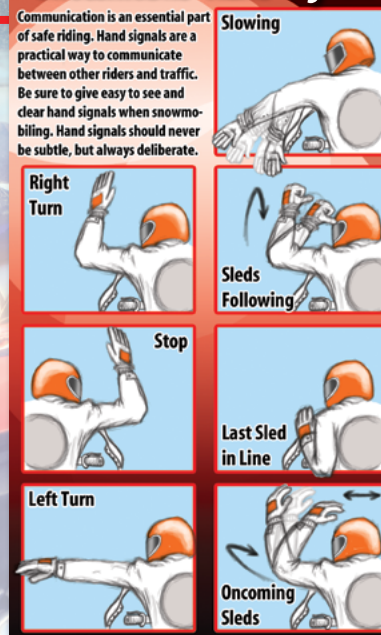
and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don't lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of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

# 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

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.



**PRIVATE PROPERTY**  
**NO TRESPASSING**

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATVs on county roads or state highways.





# RAIN AWAY

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[pizzacorral.com](http://pizzacorral.com)

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# BOOST YOUR BUSINESS

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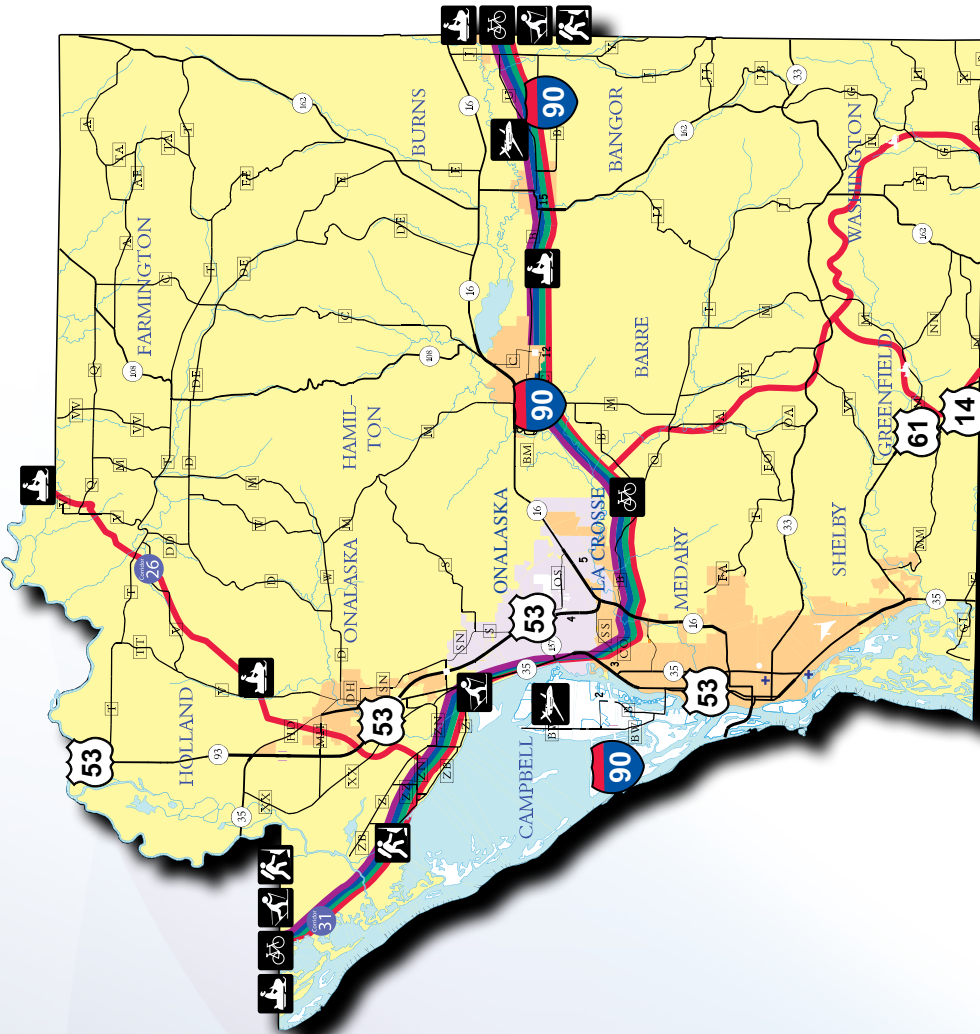
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# LA CROSSE COUNTY TRAILS

# VERNON COUNTY TRAILS

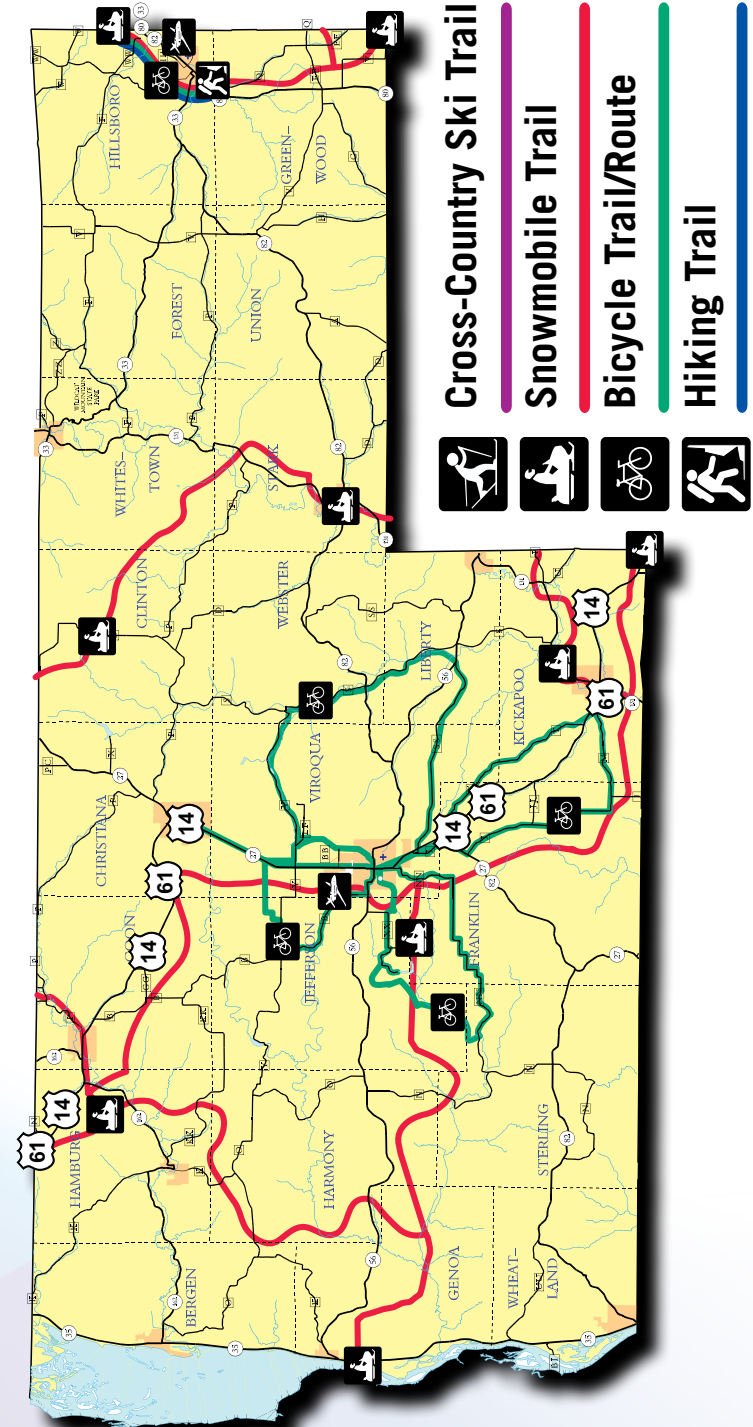


A state trail pass is required for all people age 16 or older biking, cross-country skiing, horseback riding or in-line skating on certain trails. A state trail pass is not required for walking or hiking. Wisconsin state trail pass fees are the same for residents and non-residents.

## Wisconsin resident or non-resident state trail pass fees

\$25 - Annual

\$5 - Daily



Cross-Country Ski Trail



Snowmobile Trail



Bicycle Trail/Route



Hiking Trail





# 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 measure 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?

# DOG PARKS

## DOG PARK AT MYRICK PARK

745 East Avenue N | La Crosse | (608) 789-7533

## VIROQUA BARK PARK

700 Power Dr. | Viroqua

## DOG PARK AT SYVERSON PARK

331 Bekkedahl St. | Westby

## HOUSKA DOG PARK

1011 Joseph Houska Dr. |  
La Crosse | (608) 789-7533

## PAWS DOG PARK

N4668 County Road VP |  
West Salem

## VAN RIPER DOG PARK

1311 Van Riper Park Rd. |  
Onalaska | (608) 781-9530





# 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.*



# Healthy & Environmentally Friendly Lawn

Choose a type of grass that thrives in your area. 3" is the optimal height for most grasses, it allows the roots to become strong and healthy. It also helps to absorb more water. Don't bag the lawn clippings, it's a natural fertilizer. Keep your mower blades sharp.



Don't water every day. Give your lawn a good soaking once or twice a week. Your lawn should get about an inch of water each week, whether it be from rain fall or a sprinkler. Water your lawn in the early morning, preferably before 10am. Watering at night time can create fungus growth.



Don't use pesticides. Correctly identify what the problem is and try a non-chemical method first. If you have to use a chemical based pesticide, try spot treating the problem area. All pesticides are toxic to some degree. Make sure to read all labels.



Fertilizers can harm the environment. Use natural organic or slow-release fertilizers. The best time to fertilize your lawn is in the fall.





# 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.



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