

FREE RESIDENT GUIDE

Olmsted County, Minnesota

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

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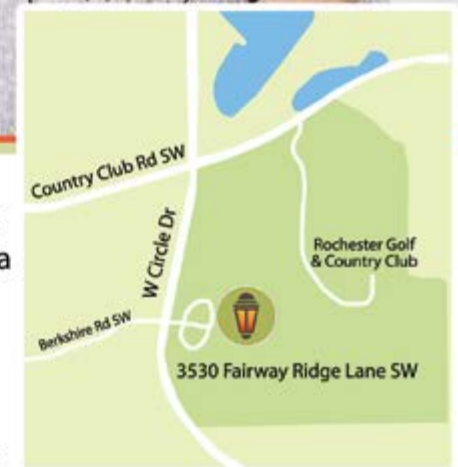


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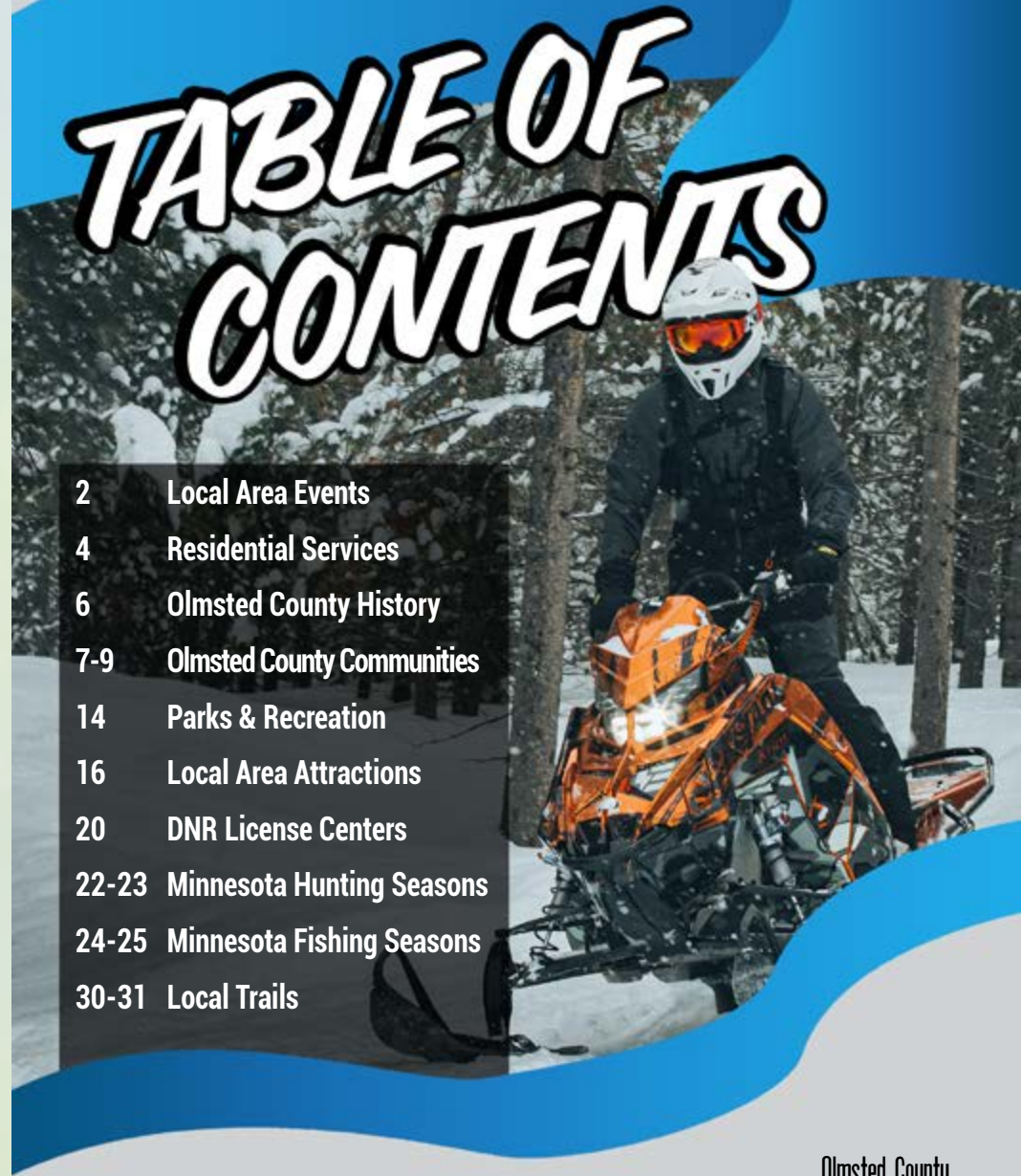
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Olmsted County

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LOCAL AREA EVENTS

JANUARY

Chillfest | Chatfield
Annual Dr. Martin Luther King Jr. Celebration
| Rochester
Rochester City & Mayo Historical Trolley Tour
(Recurring monthly) | Rochester
Historic Maywood Mansion Tour (Recurring
April-October, Weekends) | Rochester

FEBRUARY

SocialICE | Rochester
Polar Plunge | Rochester
Craft Sale, Expo, and Bake Sale | Rochester

MARCH

Stewartville Home Show | Stewartville

APRIL

City Wide Garage Sales | Pine Island

MAY

Trout Classic | Chatfield
City Wide Garage Sales | Eyota & Stewartville
Memorial Day Parade | Stewartville
Evergreen Cemetery Breakfast | Dover
Annual Byron Community Foundation Event
Olmsted County Gold Rush | Rochester
Art for Trails | Rochester

JUNE

Pine Island Cheese Festival | Pine Island
Rochesterfest | Rochester
Summerfest | Stewartville
Chamber Golf Outing | Rochester

JULY

Eyota Days | Eyota
Good Neighbor Days | Byron
4th of July Celebration | Oronoco
Independence Day | Rochester

JULY (CONTD.)

Olmsted County Fair | Rochester
Down by the Riverside (July-Aug.) | Rochester

AUGUST

Rubber Ducky Festival | Dover
Oronoco Goldrush Days | Oronoco
Days of Yesteryear | Rochester
Rochester Greek Fest | Rochester
Western Days | Chatfield

SEPTEMBER

Labor Day Celebration | Rochester
Quarry Hill Fall Festival | Rochester
Harvest Moon Fall Festival | Rochester
Annual Wine, Beer, Spirits & Cheer Fundraiser
| Rochester
Good Neighbor Picnic | Stewartville

OCTOBER

Fire Department Breakfast | Stewartville
Pumpkins & Corn Maze | Rochester
Fright Night at the Farm | Rochester
Trunk or Treat | Rochester
Kutzky Park Halloween Parade | Rochester
Brains Together for a Cure | Rochester
Creatures of the Night | Rochester

NOVEMBER

Mansion Christmas Tour | Rochester
Festival of Trees | Rochester
Winona Art Walk & Tour | Rochester

DECEMBER

Northern Lights Festival | Rochester
Jolly Trolley Holiday Lights Tour | Rochester
Art at Hidden River | Rochester
Christmas on the Hill | Rochester

**Events are subject to change.*

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Assessor.....	328-7636
Child Support	328-6550
Community Corrections	328-7200
Community Services.....	328-6400
County Attorney.....	328-7600
Emergency Management.....	328-6100
Environmental Resource Services/Public Works.....	328-7070
Extension.....	(800)854-1678
Garbage & Recycling	328-7077
Human Resources.....	328-7700
Property Tax Records.....	328-7636
Public Health Services	328-7500
Sheriff.....	328-6800
Veterans Services.....	328-6355
Vital Records.....	328-7660



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Originally home to Ojibway, Winnebago and Dakota Sioux Indians, Olmsted County was opened for settlement in 1853 after a treaty was signed. Townships were organized in 1854 and the county was named in honor of David Olmsted, the first mayor of St. Paul. Lush prairies, fertile soil, and ample natural resources brought settlers to the area and the arrival of the railroad sparked dramatic growth. Rochester was selected as the county seat and the area continued to develop. After a devastating tornado swept through the region in 1883, Dr. William Worrall Mayo along with the Sisters of St. Francis established the first hospital in the area which has since become one of the most well respected medical centers worldwide. By 1950 the population of Olmsted County had doubled to 48,228 residents and diversified industry aided its growth. Today Olmsted County is home to approximately 143,962 residents.

CITIES:

- BYRON** – pop. 4,550
- CHATFIELD** – pop. 2,518
- DOVER** – pop. 637
- EYOTA** – pop. 1,765
- ORONOCO** – pop. 949
- PINE ISLAND** – pop. 3,326
- ROCHESTER (COUNTY SEAT)** – pop. 100,413
- STEWARTVILLE** – pop. 5,553

TOWNSHIPS:

- CASCADE** – pop. 2,944
- DOVER** – pop. 724
- ELMIRA** – pop. 400

- FARMINGTON** – pop. 512
 - HAVERHILL** – pop. 1,088
 - HIGH FOREST** – pop. 4,550
 - KALMAR** – pop. 1,194
 - MARION** – pop. 6,165
 - NEW HAVEN** – pop. 1,313
 - ORION** – pop. 643
 - ORONOCO** – pop. 2,444
 - PLEASANT GROVE** – pop. 833
 - QUINCY** – pop. 600
 - ROCHESTER** – pop. 2,351
 - ROCK DELL** – pop. 686
 - SALEM** – pop. 1,130
 - VIOLA** – pop. 794
- *Populations are approximate.*

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BYRON

The first settlers arrived to the Byron area in 1854 and as the railroad was constructed in 1856, the area began to develop. Streets were platted in 1864 and the community was named by S.W. VanDusen who was a landowner and businessman. VanDusen suggested Byron after Byron, New York, his birthplace and the area quickly grew. Early businesses included general stores, bank, saloon, hotel and specialty shops. Today Byron is home to approximately 4,550 residents.

CHATFIELD

Settled in 1853 by Thomas Twiford, the community was named in honor of Judge Andrew Gould Chatfield, an associate justice of the supreme court of the Minnesota Territory. The community was platted in 1854 and incorporated in 1857. Chatfield was originally selected as the county seat until it was moved to Rochester. By 1900 Chatfield housed a sawmill, hotel, newspaper office, and a variety of manufacturing centers. Today Chatfield is home to approximately 2,518 residents.

DOVER

Dover was originally known as Dover Center due to its central location in its township and its name was derived from Dover, New Hampshire, where many settlers originated. The community was organized in 1859 as pioneers arrived seeking fertile farmland and ample timber. Streets were platted in 1869 and as the railroad arrived, the area continued to develop. Dover was incorporated in 1908 and in 2008 residents celebrated its centennial celebration. Today Dover is home to approximately 637 residents.

EYOTA

First known as Springfield, Eyota was organized in 1858. The name Eyota was derived from a Dakota Indian word meaning, "superior or highest." The community began as a railway village and was platted in 1864. Dover developed quickly as it was a stopping place for travelers and shipping point for goods in the area. In 1875 the community was incorporated and by 1900 its population had reached 400. Today Eyota is home to approximately 1,765 residents.

ORONOCO

Oronoco was founded in 1854 and named after the Oronoco River in South America. The "Oronoco Courier," published in 1856, was the first newspaper in Olmsted County. The area was organized in 1858 as settlers arrived to establish homes and pan for gold. Businesses including a hotel, grist mill, sawmill and general store were founded to meet the growing needs of the community and the area continued to thrive. Today Oronoco is home to approximately 949 residents.

PINE ISLAND

Located in Goodhue and Olmsted Counties, Pine Island was surveyed and platted in 1856. Settlers were attracted to the land that was ideal for agricultural plots and farm land. Early on Pine Island was known for being one of the better cheese and butter producers in Minnesota. At one point there was more than 40 dairy producers in the area. Pine Island's population grew steadily as the railroads expanded and after Highway 52 was established in 1921. Today Pine Island is home to approximately 3,326 residents.

ROCHESTER (COUNTY SEAT)

In 1854 the first permanent residence in the area was built by William Head and soon settlers arrived to stake land claims. Head named the settlement after his hometown of Rochester, New York, and assisted with the layout of the community. Rochester's proximity to the Dubuque Trail attracted many travelers and the area began to develop dramatically upon the arrival of the railroad in 1864. The community was selected as the county seat and early industry was dominated by agriculture as goods were easily transported. A variety of businesses were established including manufacturing shops, mills, food processing factories and many specialty shops. A devastating tornado hit the area in 1883 and Rochester was nearly destroyed. With efforts from Dr. William Worrall Mayo and fellow members of the community, homes were rebuilt and businesses re-established. A hospital was constructed and Rochester became world renown for its exceptional health care which attracted many new residents. Construction of an airport in 1928 allowed for the continued growth of the community and Rochester has now grown to be one of the leading medical centers in the world. Today Rochester is home to approximately 100,413 residents.

STEWARTVILLE

Located in High Forest Township, Stewartville was first settled in 1857. The community was named in honor of Charles Stewart, a local resident who established a mill and assisted with surveying the area. Streets were platted in 1891 and the area grew dramatically due to its proximity to Lake Florence and Rochester. Stewartville is widely known as the birthplace of Richard Sears, the founder of Sears, Roebuck and Company. Today Stewartville is home to approximately 5,553 residents.

Get Active!!!

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

Go Outside and Do SOMETHING!

Anything to get your heart rate up,
and your blood flowing...

YOU'LL FEEL BETTER and it's good for your health!

Weigh Your Fish

With a Ruler

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

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

FIREWOOD

Burn it where you get it!



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



Emerald Ash Borer

Gypsy Moth Caterpillar

Preventing the Spread

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

Invasive Pests are a Problem!

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.



CARLEY STATE PARK

50366 Wabasha County Rd. 4 | Plainview | (507) 312-2300
Located on 209 acres near Plainview, Carley State Park features nature trails, fishing opportunities, and picnic and camping areas.

CHESTER WOODS PARK

8378 14 Hwy. SE | Eyota | (507) 328-7350
Located near Bear Creek, Chester Woods Park features a campground, handicapped accessible fishing pier, fish cleaning house, swimming beach, scenic overlook, picnic shelters, canoe and paddleboat rentals and recreational trails. A daily or annual park pass is required for all vehicles entering the park.

DOUGLAS TRAIL

Pine Island | (651) 296-6157
The Douglas Trail extends 13 miles from Pine Island to Northwest Rochester. The trail offers, hiking, biking, horseback riding, snowmobiling and cross-country skiing.

GRAHAM PARK

112 Arena Dr. SE | Rochester | (507) 328-7070
Located on 60 acres in Rochester, Graham Park features a campground, grand stand, picnic areas, park buildings for rentals, hockey arena and hosts the Olmsted County Fair annually.

GREAT RIVER BLUFFS STATE PARK

43605 Kipp Dr. | Winona | (507) 312-2650
Located in Winona, Great River Bluff State Park features recreational trails, a picnic area and plots for camping.

NERSTRAND-BIG WOODS STATE PARK

9700 170th St. E | Nerstrand | (507) 384-6140
Located on 2,882 acres near Faribault, Nerstrand-Big Woods State Park features 11 miles of hiking and nature trails. Snowmobile and cross-country ski trails are open during the winter months. Other amenities include picnic areas, a visitor center and restroom facilities.

OWBOW COUNTY PARK & ZOLLMAN ZOO

5731 County Rd. 105 NW | Byron | (507) 328-7340
Located in Byron, Oxbow County Park features hiking trails, snowmobile trails, cross-country ski trails, a campground, picnic areas, baseball fields, playground equipment, fishing opportunities, a nature center and the Zollman Zoo.

RICE LAKE STATE PARK

8485 Rose St. | Owatonna | (507) 414-6191
Located 7 miles East of Owatonna, Rice Lake St. Park features excellent wildlife watching opportunities.

The Best of Minnesota Outdoors

Hiking:

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

Fishing:

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

Golf Courses:

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

Mountain Biking:

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

Skiing:

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

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OAK SUMMIT GOLF COURSE

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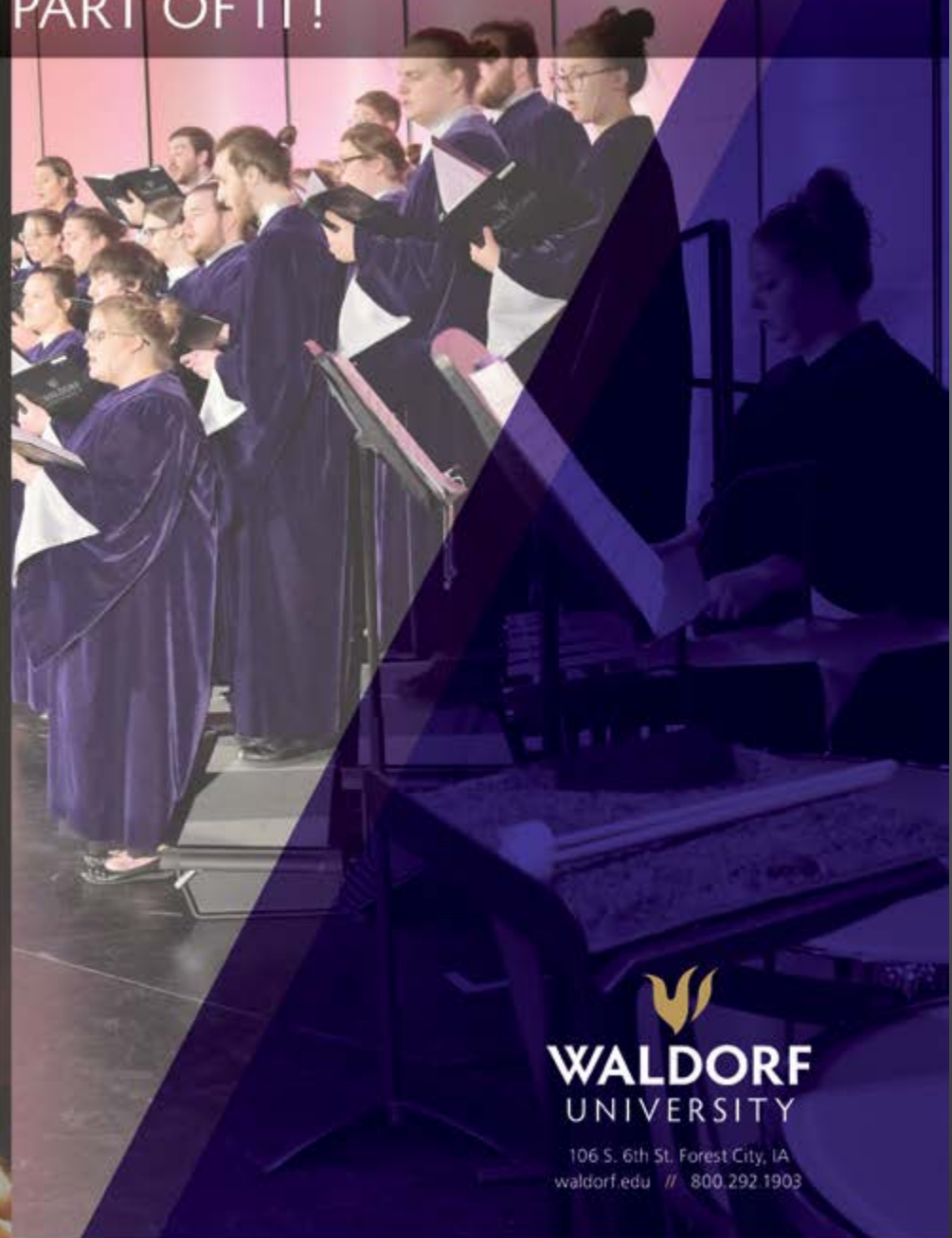
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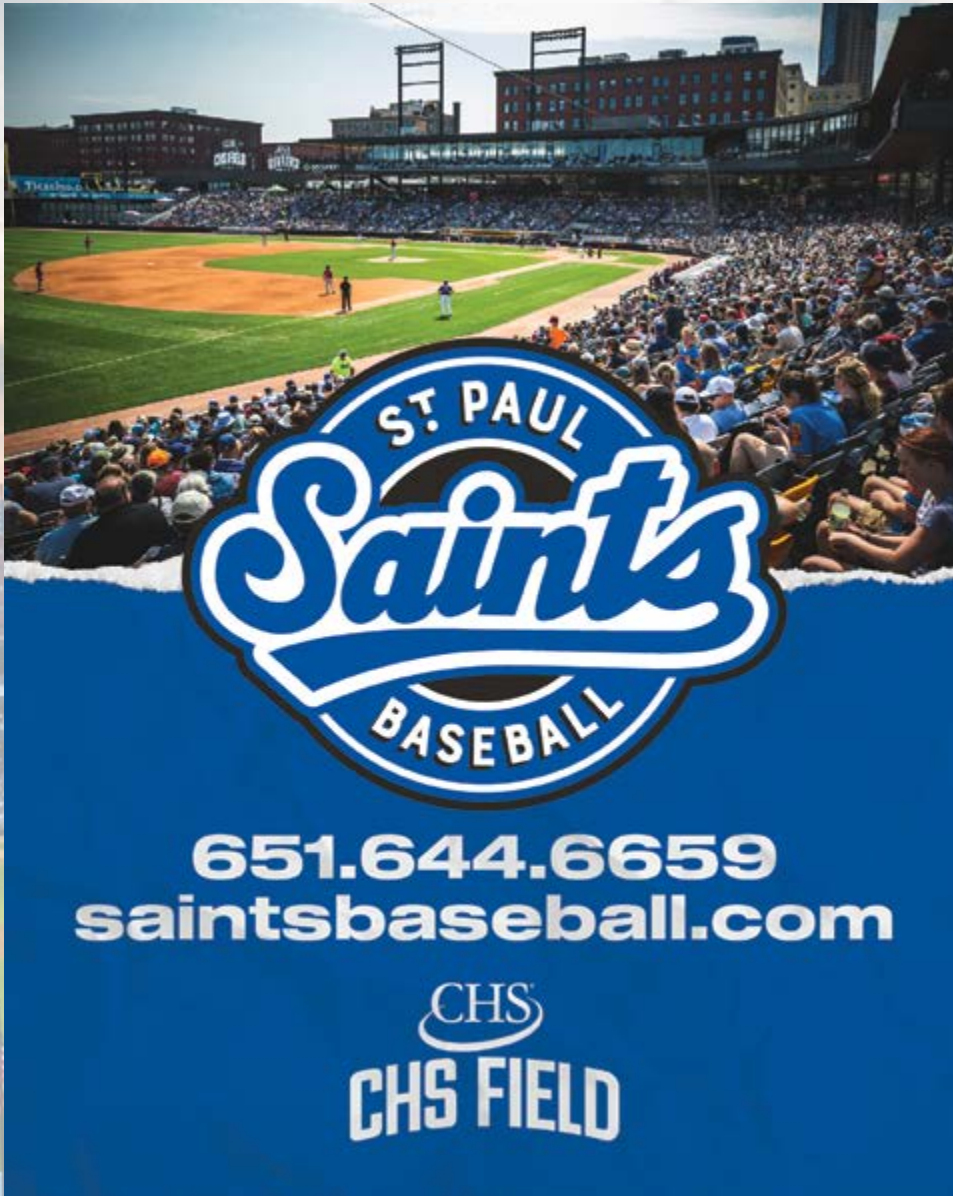
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103 N Main St. | Stewartville |
(507) 533-0333



The image shows a large baseball stadium filled with spectators. In the foreground, the St. Paul Saints logo is prominently displayed. The logo is a blue shield with a white border, featuring the words "ST. PAUL" at the top, "Saints" in a large, stylized white script font in the center, and "BASEBALL" at the bottom. Below the logo, the phone number "651.644.6659" and the website "saintsbaseball.com" are listed in white text. At the bottom of the advertisement, the "CHS CHS FIELD" logo is visible, with "CHS" in a stylized font above "CHS FIELD".



The banner features the Lincoln Marketing logo on the left, which includes the text "LincolnMarketing" and "www.lincolnmktg.com". To the right of the logo is a large "35+" with "Years" written below it. The text "Would like to Thank You for" is written in white on a dark background, and "of Loyal Business" is written in white on a red background at the bottom.

HUNTING SEASONS

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas/dates:

Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

OPENERS

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

HUNTING

Bear

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

Deer

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

Badger

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

Bobcat

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

Fox, Gray & Red

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

Opossum

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

Rabbit

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

Raccoon

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

Squirrel, Gray & Fox

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

Grouse

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

Pheasant

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

Wild Turkey

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

TRAPPING

Badger

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

Bobcat

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

Fox

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

Opossum

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

Rabbit

09/16/23 - 02/28/24 Rabbit, Jack - Statewide
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Raccoon

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

Squirrel

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

*Check the MN DNR website for updates.

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

or scan the QR code



BREAD. THE WAY IT OUGHT TO BE.

GREAT HARVEST DOWNTOWN

706 N. Broadway • Rochester

(507) 286-1101

M - F: 6:30 AM - 6:00 PM

Sat: 6:30 AM - 5:00 PM

Sandwiches: 11 AM - 3 PM

GREAT HARVEST WEST

2483 Commerce Drive • Rochester

(507) 258-5300

Open Mon - Sat: 7 AM - 3 PM

greatharvestrochester.com

OPENERS

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

INLAND WATERS

General

Largemouth bass - 05/28/22 - 02/26/23
Statewide excluding northeastern Minnesota

Smallmouth bass - 05/28/21 - 09/11/22
Statewide excluding northeastern Minnesota

Lake sturgeon and shovelnose sturgeon - 06/16/22 - 04/14/23
Statewide inland waters

Lake trout - 01/15/22 - 03/31/22
Statewide inland waters

Lake trout - 05/14/22 - 09/30/22
Statewide inland waters

Walleye, sauger and northern pike - 05/14/22 - 02/26/23
Statewide inland waters

Muskellunge - 06/04/22 - 12/01/22
Statewide inland waters

Lake sturgeon and shovelnose sturgeon - 06/16/22 - 04/14/23
Statewide inland waters

Northeast

Smallmouth and largemouth bass - northeastern Minnesota - 05/14/22 - 02/26/23
Northeastern Minnesota

LAKE SUPERIOR

Brook and brown trout - 4/16/22 - 9/30/22
Lake Superior and tributaries above posted boundaries

Brook trout and splake - 04/16/22 - 09/05/22
Lake Superior and tributaries

Rainbow trout catch-and-release only 4/16/22 - 9/30/22

Lake Superior and tributaries above posted boundaries

Walleye and northern pike - 05/14/22 - 03/01/23
Lake Superior and tributaries

Lake trout - 12/01/21 - 10/02/22
Lake Superior and tributaries

STREAM TROUT

General

Stream trout in lakes - 01/15/22 - 03/31/22
Outside or partly outside the BWCA

Stream trout - 05/07/22 - 09/30/22
Excludes southeastern Minnesota

Stream trout in lakes - 05/14/22 - 10/31/22
Statewide

Southeast

Stream trout catch-and-release 01/01/22 - 04/15/22
Southeastern Minnesota

Stream trout catch-and-release 09/15/22 - 10/15/22
Southeastern Minnesota

Stream trout - 04/16/22 - 09/14/22
Specific southeastern state parks and cities

STREAM TROUT (CONTD.)

Stream trout catch-and-release - 09/15/22 - 04/14/23
Specific southeastern state parks and cities

FREE FISHING

Take a Mom Fishing Weekend 05/07/22 - 05/08/22
Statewide

Take a Kid Fishing Weekend 06/10/22 - 06/11/22
Statewide

Take a Kid Ice Fishing Weekend 01/14/23 - 01/16/23
Statewide

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



*At the time of publication not all 2023 season dates were available. Check the MN DNR website for updates. <https://www.dnr.state.mn.us>



ST. JOSEPH
SJE

EQUIPMENT

507-545-2000

www.stjosephequipment.com

4710 County 7 Rd. SE

Eyota, MN 55934

Buttered-Up Steak

With Roasted Potatoes & Garlic Green Beans



Simple meal with a Gourmet Feel

1 PREP Rinse and dry all produce. Preheat oven to 425 degrees. Take 1 TBSP butter and let sit at room temperature. Peel and cut **potatoes** into ½-inch cubes. Cut the **garlic** into thin slices and mince the **parsley**.

2 ROASTING THE POTATOES Spread **potatoes** out on a baking sheet with a drizzle of oil and a pinch of **salt** and **pepper** (*Wax paper aids in preventing the potatoes from sticking to the pan*). Roast in the oven for 20-25 minutes, until browned and tender.

3 SEARING THE STEAK Heat a splash of oil in a pan medium-high heat. Season **steak** to taste, add to pan and cook until browned, 2-3 minutes per side. Grab baking sheet from the oven and move **potatoes** to one side. Add **steak** to the sheet and place it back in to oven. Roast 5 - 7 minutes or to your desired doneness. Remove **steak** from sheet and let rest 5 minutes.

4 COOKING THE GREEN BEANS Heat a splash of oil in the pan used for the **steak** over medium heat. Add **green beans** and cook for about 4 - 5 minutes, tossing, until tender but still a little crisp. Now **garlic** and cook for about 1 minute then season with **salt** and **pepper** to taste.

Ingredients	4 person
• Yukon Gold Potatoes	24oz
• Garlic	4 Cloves
• Parsely	¼ oz
• Sirloin Steak	24 oz
• Green Beans	12 oz
• Dijon Mustard	2 TSP

5 MIXING HERB BUTTER Mix **butter**, **mustard**, and a pinch of **parsely** in a small bowl. Season with **salt** and **pepper** to taste.

6 PLATE & SERVE Cut the **steak** against the grain and divide between plates, then top it with the **herb butter**. Serve with **green beans** and **potatoes** on the side. Use the remaining **Parsely** to garnish the dish.

Bon Appétit!

PREP: 10 MIN TOTAL: 30 MIN



MAKE YOUR SPECIAL DAY *unforgettable*
AT GOLD STAR VENUE

BOOK NOW

INQUIRE AT goldstarvenue@vfwpost1215.org

507-289-2497



GOLD STAR VENUE

2775 43RD ST. NW, ROCHESTER, MN 55901

Advertising made Simple call: 651-788-9323

LincolnMarketing

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.



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.

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

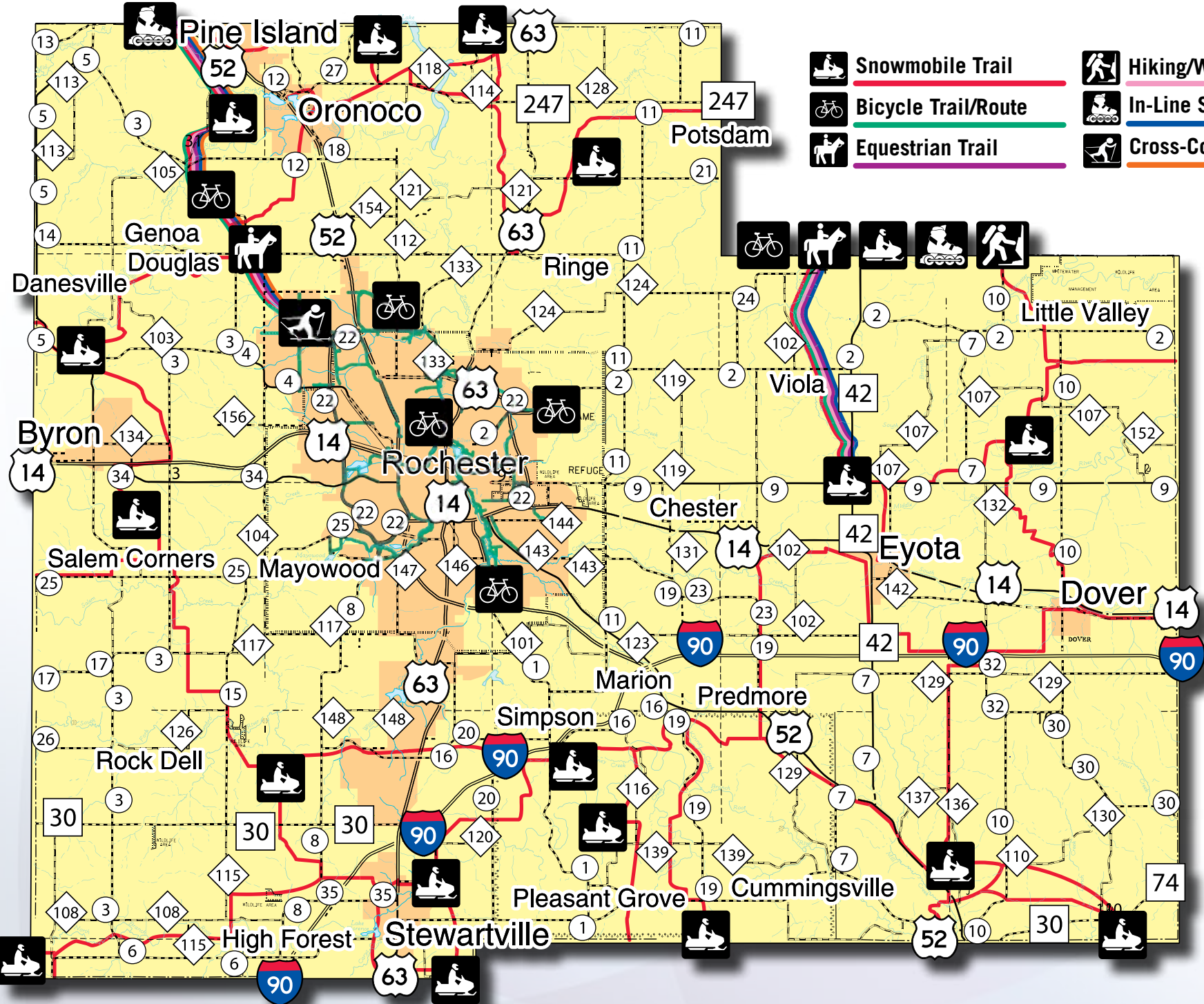
Snowmobile Hand Signals



PRIVATE PROPERTY
NO TRESPASSING

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

OLMSTED COUNTY TRAILS



-  Snowmobile Trail
-  Bicycle Trail/Route
-  Equestrian Trail
-  Hiking/Walking Trail
-  In-Line Skating
-  Cross-Country Ski Trail

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.



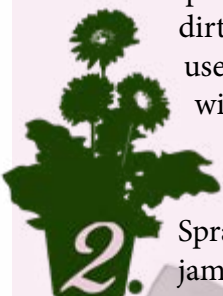
7. You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

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.



Crossword Puzzle

OLMSTED COUNTY, MN (READ GUIDE FOR CLUES)

Word Search

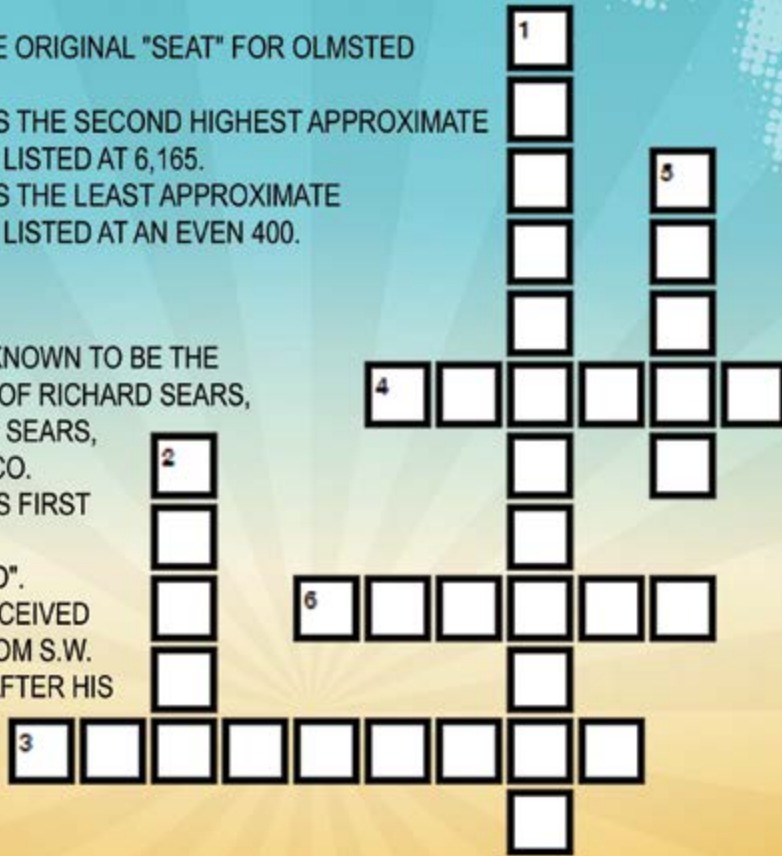
OLMSTED COUNTY, MN

ACROSS

- 3: THIS WAS THE ORIGINAL "SEAT" FOR OLMSTED COUNTY.
- 4: THIS CITY HAS THE SECOND HIGHEST APPROXIMATE POPULATION LISTED AT 6,165.
- 6: THIS CITY HAS THE LEAST APPROXIMATE POPULATION LISTED AT AN EVEN 400.

DOWN

- 1: THIS CITY IS KNOWN TO BE THE BIRTHPLACE OF RICHARD SEARS, FOUNDER OF SEARS, ROEBUCK & CO.
- 2: THIS CITY WAS FIRST KNOWN AS "SPRINGFIELD".
- 5: THIS CITY RECEIVED ITS NAME FROM S.W. VANDUSEN, AFTER HIS BIRTHPLACE IN NEW YORK.



- STEWARTVILLE
- ROCHESTER
- CHATFIELD
- ELMIRA
- VIOLA
- MARION
- DOVER
- CASCADE
- ROCKDELL
- SALEM
- FARMINGTON
- ORION
- ORONOCO
- PINEISLAND
- KALMAR
- EYOTA
- QUINCY
- BYRON
- HAVERHILL



Bird Feeder Care Tips



With the return of summer means the return of a variety of bird species. If you plan on providing food, there are a few things to keep in mind.

According to the Minnesota Department of Natural Resources, birds may become sick from moldy bird food and uncleaned bird feeders. This tends to happen in spring more often because of the rain and humidity. If there is mold growth, it can cause an avian disease called aspergillosis, which can disrupt a birds respiratory system. Birds can also get Salmonella from unclean feeders. Either of the diseases may kill the bird.

You should wash your bird feeders a few times every year to ensure their is no mold growth. You can do this with some bleach and water (one part bleach to nine parts water), just make sure to rinse and dry well. If you can, let it dry in the sun to help kill off any left over bacteria. This also applies to hummingbird feeders but, they should be cleaned weekly.

You also need to clean up the fallen seeds and hulls from the ground under the bird feeders to prevent moldy conditions. The seeds on the ground have a tendency of attracting some animals you may not want around like mice, voles, raccoons and bears.

When buying a bird feeder you should look for one with as much air flow as possible. Look for hopper-type feeders or fly-through feeders that provide good air flow. Another way to help keep the bird seed dry is by filling the bird feeder less and more often.



BE 100% YOU

SPECIALIZED ORTHOPEDIC CARE

Chronic joint pain. Arthritis of the hip, knee, ankle, or shoulder. They're all a threat to your active lifestyle, and you don't have time for lengthy hospital stays or prolonged recoveries. OMC's Joint Replacement Center can take you from surgery to rehab to "right back out there" more quickly and completely than ever before. For an introduction to one of our Joint Navigators and to schedule an evaluation, visit olmstedmedicalcenter.org/ortho or call 507.292.7187.